

## HOW TO ORDER

ALKALA "N" Mineral Powder 150g  
(including 48 pH papers and spoon) - **£9.40**

Additional Booklet of 48 pH indicator  
test papers **£4.50**

ALKALA "T" Tablets  
100 tablets **£19.50**  
plus postage and packaging

To order or for further information please  
contact us on:

Tel: 01892 537254

Fax: 01892 546850

E-mail: [order@helios.co.uk](mailto:order@helios.co.uk)

[www.helios.co.uk/shop/alkala-n-powder-150g](http://www.helios.co.uk/shop/alkala-n-powder-150g)

Helios Homœopathy Ltd  
89-97 Camden Road, Tunbridge Wells  
Kent TN1 2QR

and at:

Helios Homœopathic Pharmacy  
8 New Row  
Covent Garden, London WC2N 4LJ

**Opening hours:** 9:30am-5:30pm Monday-Friday  
10am-2pm Saturday

## ABOUT HELIOS

Helios is a leading U.K. homœopathic manufacturer and pharmacy, which was established in 1986. Helios offers an extensive range of traditionally potentised remedies as well as other high quality natural health products for human and animal use. The staff are united in their passion for healing, a deep commitment to homœopathy and to supplying products of the highest integrity to practitioners all over the world.

Helios has been proud to be the sole UK distributor for Sanum-Kehlbeck's range of human, veterinary and cosmetic products since 1996. Alkala products are exclusive to Helios.

For further information please visit [www.helios.co.uk](http://www.helios.co.uk)



## ABOUT SANUM-KEHLBECK

Sanum-Kehlbeck GmbH & Co. KG is a well-established German homœopathic pharmaceutical company that is family run. Their excellent manufacturing facility produces unique, high quality, microbial remedies in low X potencies and are available in many application forms.

In addition to the Alkala products, there are 445 products sold under the brand names of Sanum-Kehlbeck and its two sister companies Biofrid and Mastavit. The ranges are –

- Fungal Isopathic remedies based on the pioneering work of Prof. Dr. Günther Enderlein
- Potentised Bacterial remedies
- Potentised haptens called the Sanukehl remedies
- Potentised Polysans based on the research of Dr. med Carl Spengler
- L+ Lactic acid and metabolic products
- Nutritional and probiotic supplements
- Potentised Organ, Mineral and Herbal remedies
- Diagnostic products
- Didier® Moisturising cream with Germanium, natural Skincare Creams and Organic Essential oils that support both health and beauty
- Books and Multimedia on Sanum remedies, pleomorphism and darkfield microscopy
- Veterinary and animal care products

Sanum is committed to an ecological approach to health by aiding regulation of the microflora permeating the body. To rebalance our inner ecology it is often essential to 'alkalise' the body as so many conditions emerge from over-acidity. This also enables the potentised Sanum remedies to maintain a state of healthy symbiosis, working at a deep miasmatic level to increase overall constitutional vitality.

At a time when microbial imbalances and chronic diseases are escalating, the Sanum remedies have a significant role to play for the well-being of humans and animals.



**HELIOS**  
HOMŒOPATHY  
*A passion for healing*

Tel: 01892 537254 [www.helios.co.uk](http://www.helios.co.uk)



## ALKALISE FOR HEALTH

Lift the burden of acidity  
from your life to feel –  
**lighter**



**calmer**

**clearer**

**and more  
energised**

**STAY BALANCED  
WITH ALKALA "N"  
MINERAL POWDER**

## ALKALA N ALKALISING MINERAL POWDER

ALKALA "N" Mineral Powder is a best selling alkaliser used by more than 30,000 natural health practitioners worldwide. Developed over 30 years ago, it is the original Sanum-Kehlbeck product to alkalisise for health.

Manufactured in Germany to the highest standards,

ALKALA "N" contains pure sodium and potassium bicarbonate plus sodium citrate to help buffer acids and maintain a healthy pH balance.

ALKALA "N" is recommended for adults from 12 years, to be used as a food supplement, supported by a varied diet and balanced lifestyle.



**KEEP YOUR  
BALANCE  
WITH  
ALKALA N**

Regarding the qualitative and quantitative aspects of acid-base chemistry in physiological systems, naturopathic physician Joseph Pizzorno, ND, and his colleagues concluded that "...the available research makes a compelling case that diet-induced acidosis is a real phenomenon, has significant clinical relevance, may largely be prevented through dietary changes, and should be recognised and treated."

Ref: Joseph Pizzorno, Lynda Frassetto, and Joseph Katzinger  
"Diet-induced acidosis: is it real and clinically relevant?"  
British Journal of Nutrition (2010), 103, 1185-1194

Daily supplementation with Alkala is recommended for athletes.  
Ref: Agata Misera, Igor Loniewski, and Witold Furgal  
"The significance of dietary sodium bicarbonate supplementation in athletes and physically active healthy subjects"  
Polish journal of sports medicine, Vol. 30, No. 1, 2014

## HIGH QUALITY ALKALISER

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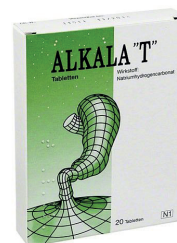
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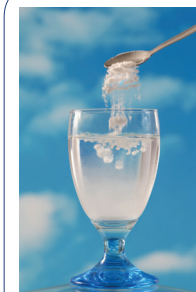


Convenient ALKALA "T"  
tablets are also available  
in packets of 100 tablets  
which contains beneficial  
peppermint oil.



### For further reading see:

"The Acid-Alkaline Diet for Optimum Health. Restore Your Health by Creating pH Balance in Your Diet" by Christopher Vasey, N.D. Healing Arts Press 2006



### EASY TO TAKE

Dissolve a level measuring spoon (3g) of ALKALA "N" in half a glass of water and drink in the morning or sip between meals throughout the day.

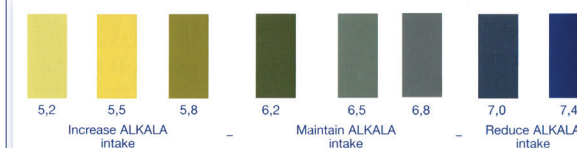
### HOW TO WATCH YOUR pH IMPROVE

Test your pH morning and evening before eating or drinking. Tear off a test strip with dry fingers. Hold it in your urine stream for one minute. Compare with the colour chart within 2 minutes and see which is the closest match. Record your readings – pH values of:

**5.2 - 6.0 increase Alkala intake**

**6.2 - 6.8 maintain Alkala intake**

**7.0 - 7.4 reduce Alkala intake**



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