



LIVE, ACTIVE INGREDIENTS™

POPULAR FOODS pH CHART

ALKALINE pH

Maintaining a healthy pH level is essential to good health. Alkalete™ is clinically proven to balance your body's pH level without changing your diet.*



10.0

raw spinach, raw broccoli, artichokes, brussels sprouts, red cabbage, raw celery, carrots, potato skins, alfalfa grass, cucumbers, collards, seaweed, onions, asparagus, lemons, and limes

9.0

olive oil, herbal and green tea, most lettuce, borage oil, raw zucchini, sweet potato, raw peas, sprouted grains, raw eggplant, alfalfa sprouts, raw green beans, beets, blueberries, pears, mangoes, papayas, figs, dates, tangerines, melons, kiwi, and grapes

8.0

apples, almonds, avocados, tomatoes, fresh corn, mushrooms, turnips, olives, soybeans, bell peppers, radishes, rhubarb, pineapple, cherries, millet, wild rice, strawberries, apricots, cantaloupe, honeydew, peaches, oranges, grapefruit, and bananas

NEUTRAL pH

7.365 is Optimum pH for the human body.

7.0

most tap water, butter, unsalted cream (fresh), raw milk (fresh), raw cow's margarine, oils (except olive oil)

ACIDIC pH

When our pH level is low, our body depletes essential nutrients from organs and other body parts in order to neutralize the excess acid.

To balance the pH levels in the body, you can consume foods that create acidity sparingly, eat more foods that promote alkalinity, and/or supplement with Alkalete.*

6.0

milk yogurt, fruit juices, cooked spinach, most grains, soy milk, coconut, eggs, fish, tea, kidney beans, lima beans, plums, processed juices, rye bread, spelt, brown rice, barley, cocoa, rice and almond milk, sprouted wheat bread, oats, liver, oysters, cold water fish, salmon, tuna, and goat's milk

5.0

cooked beans, chicken, turkey, beer, sugar, canned fruit, white rice, skinless potatoes, pinto beans, navy beans, garbanzo beans, lentils, black beans, butter (salted), rice cakes, cooked corn, wheat bran, rhubarb, and molasses

4.0

reverse osmosis water, distilled and purified water, most bottled water, sports drinks, coffee, white bread, peanuts, pistachios, beef, blackberries, cranberries, prunes, sweetened fruit juice, wheat, most nuts, tomato sauce, buttermilk, cream cheese, and popcorn

3.0

lamb, pork, wine, shellfish, pastries, cheese, goat cheese, soda, black tea, pasta, pickles, chocolate, vinegar, Sweet'N Low, Equal, Aspartame, NutraSweet, processed food, and microwaved foods

Note: stress, worry, lack of sleep, overwork, and tobacco smoke all cause highly acidic reactions in the body

www.YoliTools.com

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*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.