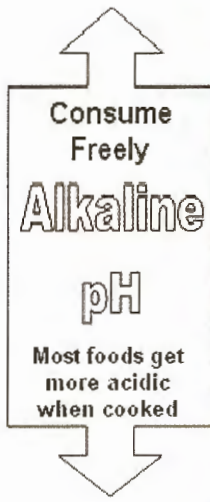




2209 Main Street, Suite C,
 Santa Monica, CA 90405
 310.664.8880 877.817.2840
www.BeyondO2water.com
 Recommended by
 World Renowned Dr. Junger

The Tiffany of Alkaline Water!

pH Food Chart



pH 10.0
 1,000x more Alkaline

High Alkaline Ionized Water
 Raw Spinach
 Raw Broccoli
 Artichokes
 Raw Asparagus

Red Cabbage
 Raw Celery
 Cauliflower
 Collard Greens
 Cucumber
 Raw Kale

Dandelion
 Seaweeds
 Raw Onions
 Lemons & Limes
 Rhubarb Stalks
 Soy Lecithin-pure

Alfalfa Grass
 Barley Grass
 Wheat Grass
 Black Radish
 Soy Sprouts
 Chia Sprouts

pH 9.0
 100x more Alkaline

Avocados
 Borage Oil
 Green Tea
 Most Lettuce
 Raw Zucchini

Red Radish
 Red Beets
 Raw Tomato
 French Beans
 Parsley-Cilantro

Raw Peas
 Raw Eggplant
 Alfalfa Sprouts
 Green Beans
 Beet Greens

Garlic or Chives
 Dog/Shave Grass
 Straw Grass
 Lemon Grass
 Cayenne Pepper

pH 8.0
 10x more Alkaline

Brussel Sprouts
 Endive
 Green Cabbage
 Cooked Spinach
 Cooked Broccoli
 Cook Asparagus

Lima Beans
 Soy Beans-Fresh
 Navy Beans
 Cooked Peas
 Cook Eggplant
 Sour Grapefruit

Raw Almonds
 Wild Rice
 Quinoa
 Millet
 Flax Seed Oil
 Coconut Water

Chicory
 Olives
 Bell Peppers
 Watercress
 White Radish
 Lamb's Lettuce

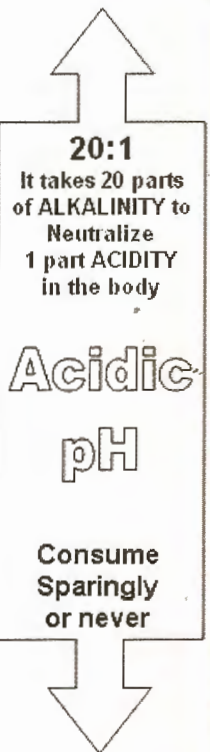


pH 7.0

Most Tap Water
 Municipalities adjust tap water to be +/- 7.3 by using Chlorine to keep pH high enough to eliminate any bacterial growth etc.
HUMAN BLOOD pH is 7.365

Most Olive Oils
 Pumpkin Seeds
 Primrose Oil
 Marine Lipids
 Sesame Seeds
 Raw Goat Milk

Fennel Seeds
 Sunflower Seeds
 Leeks (bulbs)
 Coconut & Oil
 Barley
 Sprouted Breads



pH 6.0
 10x more Acidic

Fresh H₂O Fish
 Lentils
 Spelt
 Soy Flour
 Brazil Nuts
 Wheat Kernels
 Coconut

Macadamias
 Grapes
 Hazelnuts
 Brown Rice
 Wheat
 Papaya
 Stevia & Agave

Watermelon
 Cantaloupe
 Cherries
 Strawberries
 Plums
 Blueberries
 Raspberries

Dates
 Peaches
 Oranges
 Pineapple
 Banana
 Mango
 Walnuts

Most Bottled Water

pH 5.0
 100x more Acidic

Honey
 Cooked Beans
 Bread
 Liver
 Organ Meats
 Cocoa
 Soy Milk

White Rice
 Potatoes
 Butter-Corn Oil
 Soft Cheeses
 Milk & Cream
 Cook Tomatoes
 Sweet Potatoes

Whole Grain
 Rye Bread
 White Bread
 White Biscuit
 Fruit Juice
 Cashews
 Oysters

Rice Cakes
 Turbinado Sugar
 Ketchup & Mayonnaise
 Figs & Prunes
 Rose Hips
 Cooked Corn

Reverse Osmosis Water • Distilled & Purified Waters • Enhanced • Flavored • Vitamin Waters & Sports

pH 4.0
 1,000x more Acidic

Turkey
 Ocean Fish
 Chicken & Eggs
 Hard Cheeses
 Mustard

Canned Fruits
 Beer & Wines
 Cream Cheese
 Most Pastries
 Popcorn

Peanuts
 Pistachios
 Fruit Drinks
 Beet Sugar
 White Sugar

Coffee
 Chocolate
 Cranberries
 Buttermilk
 Tomato Sauce

Carbonated Water • Seltzer or Club Soda

pH 3.0
 10,000x more Acidic

Pork
 Veal
 Beef
 Lamb
 Pickles
 Vinegar
 Black Tea
 Soy Sauce
 Hard Liquors
 Canned Foods
 Processed Foods
 Microwaved Foods

Sweetened Fruits & Juices
 Stress, Worry, Lack of Sleep
 Tobacco Products (Chewed or Smoked)
 Artificial Sweeteners (Sweet n' Low, Equal etc.)
 16oz. Chocolatty-Mocha-Frappuccinos
 SODAS & Carbonated Beverages