
pH Salts



pH Salts is a special blend of alkaline mineral salts - calcium, magnesium, potassium and sodium - formulated to help maintain the body's healthy alkaline balance, while also supporting normal kidney, adrenal, heart, bone and immune health, as well as aiding cell energy production.



Oceans of the world have an alkaline pH of approximately 7.5, which help hold oxygen in the water, and allows fish and plant life to maintain health and vitality. Normal, healthy cells of all our organs and glands also depend on an alkaline environment. Our blood's pH is tightly held at 7.35, close to that of the sea.

An alkaline body supports normal, healthy cell energy production. ATP (adenosine triphosphate, aka, cell energy) needs oxygen to complete Krebs Cycle, along with other nutrients, including vitamin C, B complex, minerals, EFAs and CoQ-10. However, the oxygen used by the cells is dependent on an alkaline pH. Many of the foods and drinks that people consume on a daily basis are acidic in the body, which can create declining mineral reserves over the years and decades. This results in a scenario where the average person's urine pH is around 5.5 (acidic). 7 is neutral.



The blood's pH never goes out of range, but other body fluids, including interstitial cell fluids, often have a suboptimal environment (acidic, low oxygen), which can stress all aspects of our physiology.



Minerals in the correct form are the buffer for acids produced by cell metabolism and from acidic foods and drinks. An alkaline forming, plant-based, high enzyme diet is ideal for the human body, but for many reasons it's often difficult for most people to maintain such a diet. immunologic's pH Salts is a convenient way to replenish the



correct form of the four key minerals. These minerals help to maintain a healthy, whole-body alkaline environment, and also allow cells to function and replicate normally. Simply take 1/4 teaspoon in a glass of water, four times daily. Spreading the intake throughout the day is best. Within 7-10 days, the pH of the urine and saliva should begin to move into the normal, healthy range of 7.4 or higher.



Antioxidant Protection. Both human and sea life thrive in alkalinity. Cysteine, superoxide dismutase (SOD), glutathione, methionine sulfoxide reductase and other antioxidant enzymes work optimally in an alkaline pH. These antioxidants neutralize free radicals before they damage our cell membranes and cell organelles.

Bone and Joint Health. An alkaline body supports strong bones and healthy joints. The body's mineral reserves are

mostly derived from vegetables (especially leafy greens), fruit, nuts and seeds. These minerals buffer acids from normal cell metabolism and acid forming foods. Maintaining the blood's pH is a high priority for our physiology to be able to support life. Low reserves of dietary minerals stored in the soft tissue force the body to use minerals from the bones. This abnormal buffering process ensures that the blood's pH stays in the narrow alkaline pH range of 7.35 to 7.45, but this can lead to bone loss. However, this process can be avoided simply by a person getting an adequate intake of minerals and enzymes to support the body's normal pH buffering.

Digestion. Normal, healthy digestion begins with alkaline saliva. Salivary amylase starts the digestive process, but only if the saliva is alkaline.

Immune Function. Oxygen is a fundamental element for life and for all of the cells, including the T cells. The T cells are a type of leukocyte (white blood cell) that are an essential part of the immune system. Normal, healthy immune response requires oxygen, made available by minerals, which allow for an alkaline pH environment in the body.