

## THE OLD LIME KILN AQUIFER

PH8 Natural Alkaline Water is drawn from a pristine limestone filtered aquifer located at Old Lime Kiln Farm. The Old Lime Kiln Farm property overlooks the Innes National Park and Warrenben Conservation Park which encompasses spectacular coastal landscapes, where the strong southerly winds have sculpted the rugged coastlines. Nick Selfe a self confessed naturalist has let the property return to its natural organic state to protect the integrity of the environment and the aquifer.

Innes National Park:

<http://www.southaustralia.com/info.aspx?id=9000443>

Millions of years ago the Yorke Peninsula was covered by the ocean that has left the land rich in limestone. An annual rainfall of 560mm filters through 38 meters of dense limestone and resides in 30 meter layer of sand similar to beach sand. While filtering through the limestone the water obtains its alkalinity pH of 8.3, plus essential, alkaline and electrolyte minerals.

The aquifer is unique to this location, as the landscape and aquifer is elevated from the surrounding land. The body of water is contained within the location of the property, this keeps the aquifer uncontaminated from the Carribee Artesian Basin of the Yorke Peninsula. Water from the aquifer only flows out nothing flows into the location of the body of water, keeping the water pure and fresh.



## HYDRATING WITH PH8

Is water really important for good health?

70% of a human body's weight is water. More than half of the water content of a human body remains in the cells.

Water with a low pH and deficient in minerals is often described as dead water. Lacking the ability to aid the blood to neutralize acids in the body and replenish electrolyte minerals.

The maintenance of the bloods pH is vital for survival and healthy function of the blood.

Drinking PH8 Natural Alkaline Water with it's alkaline pH of 8.3 and high soluble micro cluster properties is the best way to re-hydrate, while building up the bodies reserves of alkaline and electrolyte minerals.

What pH is the water you're drinking?

Are there any alkaline and electrolyte minerals in it?

**PURE HYDRATION MORE THAN JUST H<sub>2</sub>O**

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## ALKALINE & ELECTROLYTES MINERALS

Our muscles and neurons are thought of as electric tissues of the body. They are activated by electrolyte activity, by fluid inside and outside or between cells. All higher forms of life cannot exist without electrolytes.

Electrolytes regulate our nerve and muscle function, our body's hydration, blood pH, blood pressure, and the rebuilding of damaged tissue.

A muscle contraction needs calcium (Ca<sup>2+</sup>), sodium (Na<sup>+</sup>) and potassium (K<sup>+</sup>) to be present. If levels of vital electrolytes are wrong, the muscles either become too weak, or their contractions are too severe. Our heart, muscle and nerve cells use electrolytes to maintain voltages across their cell membranes to carry electrical impulses across themselves and to other cells.

In our bodies, electrolytes include sodium (Na<sup>+</sup>), potassium (K<sup>+</sup>), calcium (Ca<sup>2+</sup>), bicarbonate (HCO<sub>3</sub><sup>-</sup>), magnesium (Mg<sup>2+</sup>), chloride (Cl<sup>-</sup>), hydrogen phosphate (HPO<sub>4</sub><sup>2-</sup>), and hydrogen carbonate (HCO<sub>3</sub><sup>-</sup>).

### ***PH8 Water Contains***

***21.5 mg/L of Magnesium, 2.8 mg/L of Potassium, 51.7 mg/L of Calcium, 267 mg/L of Bicarbonate, 132 mg/L of Chloride & 88.7 mg/L of Sodium***

## PH8 NATURAL ALKALINE WATER 8.3

PH8 Natural Alkaline Mineral Water is named after its high alkaline pH level of 8.3. A thick layer of limestone alkalizes the water as it filters through to the aquifer.

The degree of acidity or alkalinity of a solution is measured in a value between 1 – 14 known as pH 'Power of Hydrogen'. Alkaline water contains a large concentration of molecules that have one or more extra electrons. Alkaline water gives up an extra electron to acidic Hydrogen molecules that have been stripped of their electron.

It is essential that the blood's pH is carefully maintained by various systems of the body to stay between 7.35 and 7.45. When the blood gets overloaded with acids, alkaline minerals such as bicarbonate, magnesium, potassium and calcium is drawn from the body to maintain the blood's pH. If the body lacks reserves of these alkaline minerals, acid is stored in the muscle and fatty tissues. In order to remove acid waste from the body, the blood requires alkaline minerals to buffer the acid toxins stored in the body tissue.

## ALKALINE WATER & HYDRATION

Water molecules come in clusters rather than single molecules. Tap water has very large clusters (10 to 13 molecules per cluster). Alkaline water forms 'Micro clusters' (5 to 6 molecules per cluster). The smaller cluster size gives the water excellent hydrating properties and high solubility. The Alkaline Micro Cluster Water acts as a powerful anti oxidant, improving immune functions and general health.

## ALKALINE & ELECTROLYTES MINERALS

**Potassium** is critical in maintaining proper electrolyte levels. Potassium plays a fundamental role in cellular exchanges. Potassium deficiency may lead to poor energy, lack of strength as well as cramping. It is also an important for maintaining the pH balance.

**Magnesium** is known for its calming effect on our nervous system, as well as its stimulating effect on the immune system. It is vital in assisting in calcium and potassium uptake. A deficiency interferes with the transmission of nerve and muscle impulses, causing irritability and nervousness. Magnesium is also a crucial element in maintaining proper pH balance.

**Sodium** is the major positive ion in fluid outside of cells. Sodium regulates the total amount of water in the body and the transmission of sodium into and out of individual cells also plays a role in critical body functions. Many processes in the body, especially in the brain, nervous system, and muscles,

require electrical signals for communication. The movement of sodium is critical in generation of these electrical signals.

**Calcium** is the most abundant mineral in the body, and about 99% of the body's calcium is found in our bones. Calcium deficiency may ultimately lead to acidification as well as osteoporosis, which thins and weakens bones making them frail.

**Bicarbonate** is an important buffer for maintaining the pH balance in the blood.

## ESSENTIAL MINERAL SELENIUM & SILICA

**Selenium** supports immune function and neutralizes certain poisonous substances such as cadmium, mercury, and arsenic that may be ingested or inhaled. Selenium also acts as an antioxidant against free radicals that damage our DNA.

**Silica** is critical for healthy organ, connective tissues, bone and cartilage. Some of the benefits of Silica is improved skin, strengthen teeth, gums, hair and nails.

**PH8 Natural Alkaline Water contains 11mg/L of Silica & .0005 mg/L of Selenium**

