

**PURCHASE**

**&**

**REFILL**

**YOUR**

**ALKALINE**

**WATER**

**HERE AT**

**SYNERGY**

- Replenishes needed minerals in your body
- Neutralizes the acid in your body
- Recovers the PH balance
- Rids your body of free radicals and toxins
- Increases energy



***“It is well known that many chronic diseases result in excess acidity of the body (metabolic acidosis). We also know that the body tends to become more acidic due to modern dietary habits and lifestyles and the aging process itself. By drinking high negative ORP alkaline water, you combat metabolic acidosis and improve absorption of nutrients.”***

### **Benefits of Alkaline Water**

- Release of excess body fat and stored toxins
- Normalization of blood sugar & insulin
- Normalization of blood pressure
- Elimination of abnormal gastrointestinal putrefaction
- Support of healthy colon function
- Resolution of urinary tract infections
- Reduction of candida, fungus proliferation, and chronic pain
- Improved wound healing

### **Benefits of Optimal Hydration**

- Increased oxygenation
- Muscles producing more power
- Increased endurance
- Less cramping in muscles
- Faster recovery
- Enhanced nutritional supplement absorption
- Serves as a powerful antioxidant
- Promotes cellular communication

Our bodies are composed of 70% water, therefore it is absolutely essential that we replenish with the most beneficial water available. **Pure ionized alkaline water** is six times more hydrating than conventional water and the benefits don't stop there.

Research has shown that the basic foundation of all disease is the accumulation of acidic waste in our bodies. Pure ionized **alkaline water** naturally neutralizes the body's pH balance, thereby reversing the conditions that allow disease to develop and thrive. 6 -8 glasses a day will rid your body of free radicals and is the perfect fuel for a workout that encourages a healthier, happier, more energized you.

***“Water in its natural state is micro clustered, antioxidant and alkaline. Examples of this are alpine glaciers, mountain streams and ionized water.”***

Synergy Health & Fitness  
205 Graceland Dr., Ste. 8  
Dothan, AL 36305  
(334) 699-5433  
[www.synergyhandf.com](http://www.synergyhandf.com)