

Alkaline Water Pitcher

Welcome to the Alkaline family! Before using your new water pitcher, we recommend reviewing these helpful tips. For more information on your new Alkaline Water Pitcher, check out www.alkalinepitcher.com.

HOW TO USE

① UNBOXING

Once you receive your water pitcher, please register your lifetime warranty online by visiting www.alkalinepitcher.com/warranty, so we can continue to make sure you have an exceptional experience for generations to come.

Before first use, remove all packaging. We recommend hand-washing both pitcher and lid. **DO NOT** put pitcher in dishwasher. Remove cartridge from protective wrapper. **Remove both clear stickers from the bottom of the cartridge.**

② USAGE

To activate the cartridge, completely submerge in water for 12 minutes. Once completed, wash the cartridge under COLD water for 2 to 3 minutes flushing out any excess carbon. Do not be alarmed if trace carbon particles may still be present. Place cartridge firmly into the pitcher funnel/reservoir. Fill pitcher directly under COLD tap water. **DO NOT use HOT water.** Discard the first two fillings or as needed. That's it! Your pitcher is ready for use. Enjoy cleaner, filtered alkaline water!

③ CARTRIDGE REPLACEMENT

Cartridge must be replaced every 60 days or 150 liters of water. To replace cartridge, pull up on the top ring of the cartridge. Repeat steps in the previous section. We recommend hand-washing both pitcher and lid during the time of cartridge replacement.

DO NOT put pitcher in dishwasher.

For more information on how to use your Alkaline Water Pitcher, check out www.alkalinepitcher.com.

FAQS

Q: ARE THERE ANY CAUTIONS ABOUT DRINKING IONIZED ALKALINE WATER?

A: You should start slowly. Assuming the water agrees with you, increase the amount you drink and the level of ionization intensity. High levels of alkalinity -- up to 9.5-10.0 -- are best for drinking water; the highest levels can be used for cooking.

Q: WHAT IS PH AND HOW DO I TEST MY BODY'S PH?

A: PH comes from Latin and translates to "power of Hydrogen" or "potential Hydrogen" It means how acidic, alkaline or neutral something is. Hydrogen has the ability to combine with oxygen in different ways and by doing so it can carry an extra electron or not, which makes the molecule alkaline or acidic, and thus have either a negative charge or a positive charge. On a scale of 1 - 14, 1 - 6 would be ranges of acidity (with 1 being the most acidic); 8 - 14 would be ranges of alkalinity (with 14 being the most alkaline); and 7 would be neutral. Our saliva should be slightly alkaline (a little above 7.3) for us to be in a healthy state.

Q: HOW DO I GET MY REPLACEMENT PARTS?

A: To order new pitcher filters and reservoir replacements, please visit www.alkalinepitcher.com/warranty.

INFUSED WATER RECIPES



STRAWBERRY, BASIL, AND LEMON

INGREDIENTS:

- 5 cups water
- 1 cup ice cubes (optional)
- 1 lemon, thinly sliced
- 5 large basil leaves, torn
- 1/2 cup strawberries, stemmed and sliced, fresh or frozen

DIRECTIONS:

Place the combination of fruit and basil in Alkaline Water Pitcher. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired. Infused water is best 2 to 4 hours after you've made it or infuse overnight in the refrigerator. Fresh basil lasts 2 to 3 days.



PINEAPPLE, COCONUT, AND LIME

INGREDIENTS:

- 5 cups water
- 1 cup ice cubes (optional)
- 1 lime, thinly sliced
- 1 cup pineapple chunks, fresh or frozen
- 1 cup coconut chunks, fresh or frozen

DIRECTIONS:

Place the combination of fruit in Alkaline Water Pitcher. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired. Infused water is best 2 to 4 hours after you've made it or infuse overnight in the refrigerator.



WATERMELON, KIWI, AND LIME

INGREDIENTS:

- 5 cups water
- 1 cup ice cubes (optional)
- 1 lime, thinly sliced
- 1 cup watermelon cubes
- 1 kiwi, diced or cut into circles

DIRECTIONS:

Place the combination of fruit in Alkaline Water Pitcher. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired. Infused water is best 2 to 4 hours after you've made it or infuse overnight in the refrigerator.