

**Your cells cannot readily accept and absorb these nutrients
from the blood when there is a pH imbalance in the body.**

The urine pH must be in the range of 6.4 - 6.8 sometime during the day for proper mineral acceptance

5.0 pH Nutrients not readily absorbed:		5.5 pH Nutrients not readily absorbed:		6.0 pH Nutrients not readily absorbed:	6.4 - 6.8 pH All minerals accepted in this range
Iodine	Calcium	Iodine	Calcium	Iodine	
Molybdenum	Titanium	Molybdenum	Titanium	Molybdenum	
Silver	Vandium	Silver	Vandium	Silver	
Germanium	Sodium	Germanium	Sodium	Germanium	
Selenium	Magnesium	Selenium	Magnesium	Selenium	
Copper, Zinc	Silica	Copper, Zinc	Silica	Copper, Zinc	
Chromium	Phosphorus	Chromium	Phosphorus	Chromium	
Manganese	Hydrogen	Manganese		Manganese	
Iron	Carbon	Iron		Iron	
Cobalt	Lithium	Cobalt		Cobalt	
Vitamins:	Beryllium	Vitamins:			
A, B, E, F, K	Boron	A, B, E, F, K			
Sulphur	Nitrogen	Sulphur			
Chlorine,	Oxygen	Chlorine,			
Potassium	Flourine	Potassium			

Most people suffer from an overly acidic body condition. Being too alkaline is rare.
However, if your body is too alkaline, this will also prevent proper mineral absorption.