HEALTHIER NEGATIVE ORP WATERS — NEUTRAL ORP — LESS HEALTHY POSITIVE ORP WATERS

Water Brands with Antioxident Properties that Fight Free Radicals Improving Health.

-700 ORP | -600 ORP | -500 ORP | -400 ORP | -300 ORP | -200 ORP | -100 ORP | +100 ORP | +200 ORP | +300 ORP | +400 ORP

ABOUT ORP: The more negative the a given food or beverage's **Oxygen Reduction Potential (ORP)** the **MORE Antioxidant Properties** it contains and the healthier it is for you. Several national and international studies indicate that negative ORP food, and beverages, like alkaline water produced by ***Air Water Life's Water Ionizers***, help fight the development of **free radicals** in the human body which can damage our cells at the molecular level. The cellular damage caused by these free radicals has been linked to everything from premature aging to acid reflux, arthritis, gastritis, GERD, gout, obesity, high cholesterol and even cancers. So, **it pays to consume healthier more negative ORP value foods and beverages** to help promote both a longer and healthier life.

ABOUT pH: **Consume FEWER unhealthy acid producing foods and MORE healthier alkaline ones** including ionized alkaline water. This chart reflects the particular food's impact on the pH balance in the human body which may or may not reflect the direct pH value of the food itself. For example, though lemons are chemically acids, when metabolized in the body, they have an alkalizing effect and are very beneficial and, though undigested meat tests as alkaline, after it's eaten, it releases acids into body. Results of pH testing may vary depending on testing conditions and numerous other factors which accounts for the number of conflicting on-line and published sources regarding body pH. In an effort to enhance accuracy, this chart was compiled using extensive research from as many of the best quality charts and other published resources and averaging the results. As such, while we believe this chart to be one of, if not the best, and most accurate available, we encourage users to treat it and all similar charts as a general guideline in improving body pH and selecting healthy, more negative ORP food items.

Air Water Life Water: -840

Kangen: -745

Real Alkalized: -25

Essentia: +119

Tap Water: +250 to +400

Zephyrhills: +360

Evian: +343

Dasani: +339

Smart Water: +337

Crystal Geyser Sparkling: 324

Arrowhead: +317

Propel Fitness: +305

Dear Park: +640

Perrier: +435

Vitamin Water: +430

Vital: +425

Aquafina: +406

Crystal Geyser: +400

Poland Spring: +390

Fiji: +382

Ice Age +375

AIR Water LIFE
Advanced Air & Water Technologies for Better Living

PREMIUM WATER ORP & pH CHARTS

Consume Healthier More Negative ORP Foods & Beverages Whose Antioxidant Properties Inhibit Premature Aging and Ilness and, Whenever Possible, Eat Fewer Unhealthy Acid Producing Foods and More Healthy Alkaline Ones Including Ionized Alkaline Water.

3.0 pH | 4.0 pH | 5.0 pH | 6.0 pH | 7.0 pH | 8.0 pH | 9.0 pH | 10.0 pH | 11.0 pH

Propel Fitness: 3.4

Vitamin Water: 3.4

Dasani: 3.0

Perrier: 5.5

Aquafina: 5.4

Poland Spring: 6.3

Dear Park: 6.3

Smart Water: 5.9

Crystal Geyser Sparkling: 5.7

Tap Water: 7.0

Ice Age 7.4

Fiji: 7.2

Arrowhead: 7.2

Real Alkalized: 8.0

Crystal Geyser: 7.9

Vital: 7.6

Evian: 7.6

Zephyrhills: 7.6

Essentia: 9.3

Air Water Life Water: 9.5

Kangen: 9.3

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Bottled Waters that Contribute to Excess Body Acidity — ACIDIC WATERS

NEUTRAL WATERS

Bottled Waters that Improve Body Akalinity — ALKALINE WATERS