

# 7 Benefits of Alkaline Water



**1. Hydration**  
Better - sweeter taste



**2. Weight Loss**  
Drink alkaline water



**3. Heart Health**  
Best source of magnesium



**4. Energy Levels**  
Fights of lactic acid



**5. pH Balance**  
Removes acidic minerals to create a more alkaline water base



**6. Detoxification**  
Filter out toxic metals



**7. Bone Health**  
Helps tackle bone loss

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