

## Alka Spring Cartridge - Initial Drinking

### **Initial Drinking:**

In order to get the benefits of drinking Ionized water from the ALKA SPRING, you need to drink adequate amounts. We recommend 1.5–2.5L a day

We have found that the way to feel the best from drinking ionised water is to drink 2–3 large glasses of water first thing in the morning. Feel the benefit of hydration and elimination setting you up for the day. Ideally you will drink a further couple of glasses before lunch and another 2–3 before the end of the day.

**Benefits:** You receive daily Bio-minerals and Magnesium supporting overall body functions and improving muscle and heart function. The Alka Spring water also offers you Hydrogen, a most potent Antioxidant. Also the water is smaller clustered, improving hydration and daily detox. The water tastes soft and has body.

The ORP is negative approx  $-180\text{mV}$ , meaning it has overall an anti-oxidant quality fostering vitality daily.

### **Detox:**

When you begin drinking alkaline ionised water, you may experience some detox symptoms: headache, tummy ache, diarrhoea, tiredness, and rashes or sinuses response.

Do not stop drinking the water. You can slow the detoxification process down and so reduce the discomfort of symptoms. Do this by diluting the ionised water with some purified water (50/50 or even more depending on your body responses). Once symptoms subside you can return to drinking undiluted ionized water.

### **Cooking:**

You can use the alkaline water for preparing food, and for cooking, making nice soups, rice and pasta. Enjoy!

**Working Pressure:**

15 – 45 PSI

Please note: The pressure reducing valve needs to be installed for higher water pressures than 45PSI.

**Working Temperature:**

5 – 40°C

**Waterflow speed:**

Tune T-line valve so water flow is approx 2 l/min

**Installation:**

A wall bracket is provided for mounting the cartridge to the cupboard wall.

Install the Alka Spring cartridge UPRIGHT ONLY!

The Alka Spring does not have a designated flow direction.

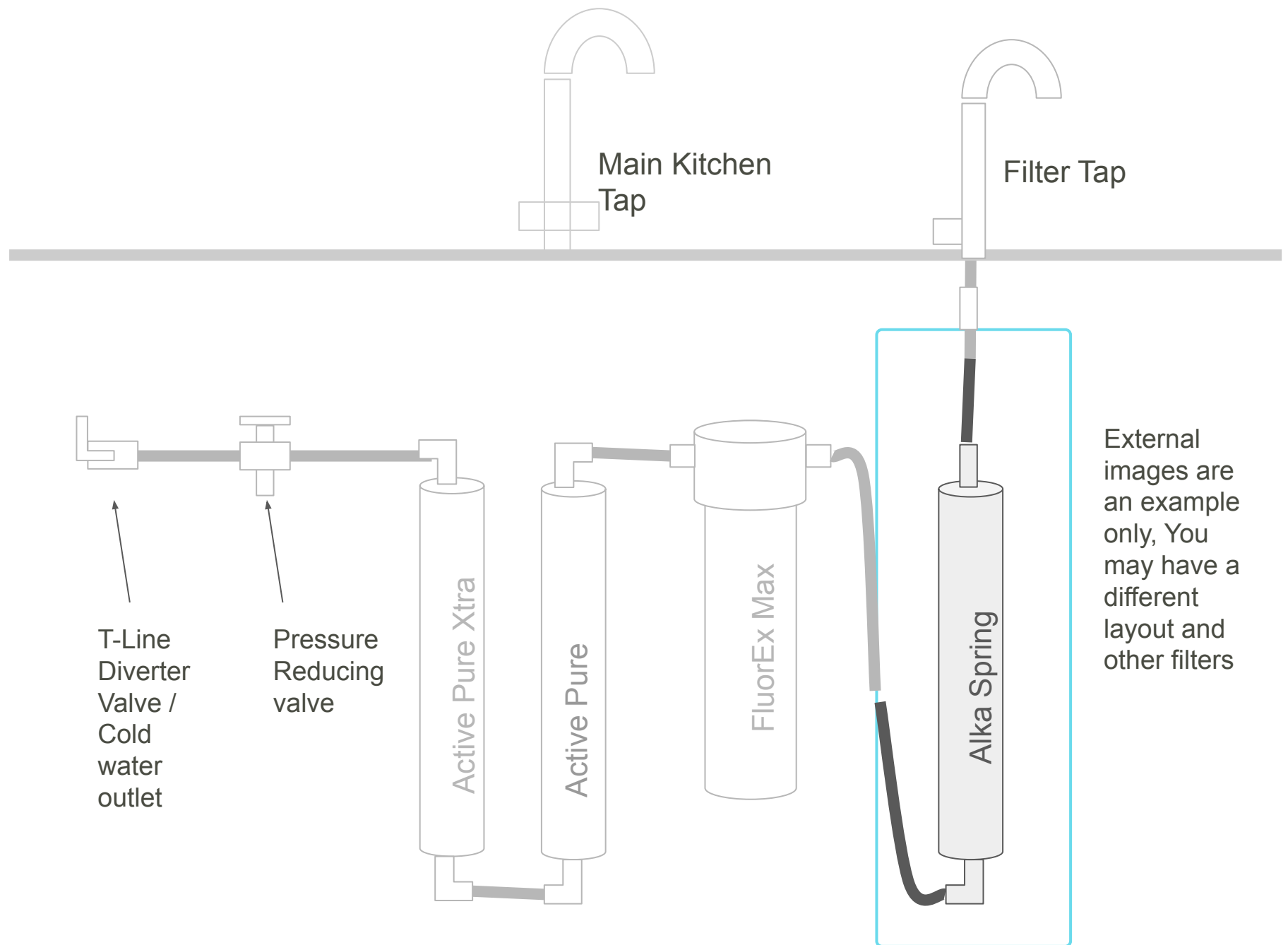
**Connecting and disconnecting tubing:**

1. To Cut the tube make sure to use a sharp knife! (scissors or a blunt knife much flatten the tube and create a split, resulting in leakage)
2. To connect tubing; push tubing approx ~ 20 mm into the connector.
3. To remove tubing; hold the O-ring back and pull the tubing out of connector.

**Pre-flushing:**

Always flush water through this cartridge after you install it fresh for a good 5 mins.

# Alka Spring Mineral Alkaliser/Ioniser



The Alka Spring should be downstream/after any filters in your existing water system, and before any ionizer.

Above is an example of where it might go

The Alka Spring does not have a designated flow direction, although it must be installed upright.



**Do you prefer video Instruction ?**  
Scan Code for a brief video on how to insert/remove tube from john guest fittings and cut the tube

