



— Your Trusted Source —

# Tri-Alkali

Introduced 2008



## What Is It?

Recent research suggests that an alkaline environment is important for healthy bone as well as healthy calcium, oxalate and uric acid metabolism. Tri-Alkali supports healthy acid-alkaline balance and provides specific support for bone health and healthy kidney oxalate and uric acid metabolism.\*

## Uses For Tri-Alkali

**Acid-Alkaline Balance:** Acid-alkaline balance is important for maintaining a wide range of physiological functions. Diets high in animal and grain proteins contribute to the body's acid load. In a randomized, double blind trial an increase in alkali status via potassium citrate supported healthy bone composition and provided sustained systemic alkalization. In a crossover trial involving postmenopausal women, potassium citrate and calcium citrate maintained healthy oxalate and uric acid metabolism. Furthermore, co-administration of potassium citrate and calcium citrate supported enhanced alkali status better than either compound alone.\*

**Bone Health:** Research has found a positive effect of alkaline support on bone histology, bone cell function and bone mineralization. In one randomized, double blind trial with postmenopausal women, an increase in alkali status via potassium citrate supported healthy bone composition of the neck, vertebrae and hip. Supplementation promoted alkaline balance and bone health in part by enhancing absorbed calcium and supporting healthy bone resorption.\*

## What Is The Source?

Calcium, magnesium and potassium are sourced naturally from the lime of rock. Citrate is derived from corn dextrose fermentation. Vitamin D<sub>3</sub> is derived from lanolin. Glycine is synthetically produced. Stevia is from the leaves of the botanical *Stevia rebaudiana*.

## Recommendations

Pure Encapsulations recommends 1 scoop twice daily, with meals, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Glycine may be contra-indicated for those immediately recovering from stroke or with liver and kidney disease. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Individuals taking ACE inhibitors, angiotensin receptor blockers or potassium-sparing diuretics may require monitoring of potassium levels. Glycine may be contra-indicated for those taking clozapine, an antipsychotic medication. Consult your physician for more information.

## Tri-Alkali

### each scoop (3.9 g) contains

vitamin D (as cholecalciferol)(D <sub>3</sub> )	400 iu
calcium (as calcium citrate)	250 mg
magnesium (as magnesium citrate)	150 mg
potassium (as potassium citrate)	400 mg
glycine (free-form)	200 mg
stevia	20 mg

**1 scoop twice daily, with meals, or as directed by a health professional.**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.