

Alkaline Water – (\$1/Gal)

Blue Jug produces our water by passing reverse osmosis purified water over a blend of rocks to naturally add back minerals and trace elements, giving it a high pH. This improves the hydration and operation of the body.

Provides these observed health benefits:

1. Improves look and feel of skin.
2. Energizes your entire body.
3. Detoxifies at the Cellular Level.
4. Improves blood circulation.
5. Reduces blood pressure.
6. Improves muscle hydration.
7. Boosts your immune system.
8. Increases mental alertness.
9. Prevents heartburn.
10. Improves digestion.
11. Improves bowel function.
12. Promotes weight loss
13. Reduces recovery time after exercise.
14. Reduce Inflammation.
15. Keeps kidneys healthy
16. Promotes uric acid reduction

Following items are benefits of purification

17. **Fluoride free** - fluoride inhibits thyroid activity, can cause bone brittleness, osteoarthritis, impaired brain and cognitive development, obesity and depression.
18. **Heavy metal free** - like lead which is known to compromise neurological development and gives rise to a long list of brain and nervous system disorders.
19. **Drug residue free** – drug residue is found in tap water due to medications being flushed down the toilet and pesticides/chemicals that have leached into the aquifers. Most have serious side effects.
20. **Hormone free** – hormones could compromise children's normal sexual development.
21. **Chlorine free** – chlorine is a poison used to kill bacteria in water, and it is toxic to people. It was used in WWII in gas chambers and as a chemical weapon.