





## Who needs H-Rich water?

## If you Eat or Drink following, you must use H-Rich Alkaline Water.

✓ Eat Spicy food.	✓ Eat at irregular time.	✓ Every time Over eating.
√ Can't control eating testy food.	✓ Eating outside (Hotel) food.	✓ Eating package food.
✓ Eating fried food / too oily food.	✓ Eat Non-veg.	✓ Drinking Soft Drink.
√ Consume Alcohol.	✓ Frequently take Tea or Coffee.	√ Drinking Mineral water.
√ Drinking R.O. Water.	✓ Chewing Tobacco.	√ Smoking.



