

GET THE MOST OUT OF YOUR

COMPLETE HEALTH

Alkalizing Ionizing Water Jug

The benefits of drinking high PH filtered water are many: High PH filtered water tastes better, it helps our body to be more efficient by balancing the PH in our body, removes chlorine, heavy metals lead and copper, chemicals, bacteria, and many other toxic substances in our water including about 75% of fluoride. The Complete Health Alkalizing Ionizing Water Jug is a wonderfully convenient way to convert the impure and sometimes acidic water coming out of your tap into a much more beneficial liquid. The jug is simple to use and can be kept in or out of the fridge depending on your preference for chilled or room temperature water.

To help keep your Alkalizing Ionizing Water Jug running smoothly we have some tips to keep the water flowing smoothly.

Water leaking from top chamber: The Complete Health Water filter is not designed to be used while there is water in the top chamber, there will be no spillage when the top chamber is empty. The jug is full when the filtered water is just below the bottom of the top chamber. As you use the filtered water you should top up the top chamber from the tap. The more water there is in the jug the slower the water will pass through the filter, this is normal.

Filter Clogging: Not all tap water is the same and some tap water may contain higher levels of calcium and mineral substances than other water sources which may clog the filter, stopping the water from flowing into the bottom chamber. This may happen over time depending on the water quality. If the water won't flow through the filter then remove the filter from the jug and soak in a mixture of 1part white vinegar and 2 parts water for 20 to 30 minutes and then rinse thoroughly. This will dissolve the calcium that has built up in the filter (shaking the filter while submerged in the vinegar solution will further help dissolve any calcium residue). This can be repeated several times in the life of the filter without diminishing the effectiveness of the filter.

Testing the PH of your Filtered water: There is a PH test kit included with your Complete Health Alkalizing Ionizing Water Jug which can be used to test the PH of your filtered water. The PH should range between 8 and 9.5. The PH will vary depending on the unfiltered water quality.

When to replace your filter: The life of your filter will vary based on the quality of the tap water that you use to fill your jug, the recommended changeover is 400 litres. The counter wheel measures the actual amount of water that has been filtered, which is a good indicator and will tell you when the filter is due. In addition you can use the PH test kit. If the PH drops below 7.5 then it is probably a good idea to change the filter. If you can taste chlorine in your filtered water then it is also a good time to change your filter.