



PH-STATE

MECHANISM OF ACTION

The most important nutrients in our bodies for maintaining acid-base balance are calcium, magnesium, sodium, potassium, chloride, and bicarbonate (a combination of hydrogen, carbon, and oxygen molecules).

Healthy adults manifest a low-grade diet-dependent metabolic acidosis, the severity of which increases with age, apparently due in part to the normal age-related decline of renal function. (1)

Calcium - combines with phosphates in the extracellular and intracellular fluids to create an alkaline medium.

Magnesium - acts as a digestive antacid. Magnesium is involved in ion movements across cell membranes and the extracellular magnesium is critical to both maintaining nerve and muscle electrical potentials and transmitting impulses across neuromuscular junctions. (2)

Potassium - plays a role in many body functions including the acid-base balance, electrodynamic characteristics of the cell and isotonicity. (2)

Alfalfa - works as a diuretic and is also used as a source of calcium, potassium, phosphorus and iron.

Lactitol - Lactitol is a non-digestible disaccharide used as a bulk sweetener and for its prebiotic properties. The production of organic acids (acetic and lactic) limits the growth of putrefactive and pathogenic bacteria that produce undesirable enzymes. Lactitol increases the production of acetic and lactic acids and reduces the production of more toxic butyric and valeric acids. Lactitol also decreases the amount of putrefactive bacteria, by preventing the adhesion of these bacteria to cell walls. (3,4)

INDICATIONS

Assists in maintaining the body's acid - base balance. Symptoms of high acidity include:

- Food cravings
- Heartburn
- Aching joints
- Inflammatory conditions
- Poor quality skin, hair and nails
- Reduced immune response resulting in frequent infections
- Low energy
- Constipation, bloating and flatulence
- Water retention
- Lower back ache
- Weight fluctuations
- Blood pressure disorders
- Low mood

INTERACTIONS AND WARNINGS

Concomitant use of ACE inhibitors and angiotensin receptor blockers with potassium increases the risk of hyperkalemia.

Alfalfa contains large amount of vitamin K so concomitant use can reduce the anticoagulant activity of warfarin.

DOSAGE AND DIRECTIONS FOR USE

Two level scoops in water daily. Stir well and drink immediately.

OTHER COMPLIMENTARY THERAPIES

FoodState Multivitamin and mineral Formula

FoodState Immune Formula



NUTRITION INFORMATION

Each serving (2 scoops) contains:

FoodState® blend:

Calcium complex 400mg
Magnesium complex 167mg

Potassium 12.8mg
Phosphorus 30mg
Potassium bicarbonate 200mg
Potassium citrate 250mg
Alfalfa 500mg

Lactitol 1000mg

REFERENCES

1. LA Frassetto, RC Morris, A Sebastian. Effect of age on blood acid-base composition in adult humans: role of age-related renal functional decline Am J Physiol Renal Physiol 271: F1114-F1122, 1996
2. McKeovoy GK, ed. AHFS Drug Information. Bethesda, MD: American Society of Health-System Pharmacists, 1998
3. Ballongue, J. et al. Effects of lactulose and lactitol on colonic microflora and enzymatic activity. Scand. J. Gastroenterol., 1997, 32, suppl. 222, p.41-44.
4. Scevola, D. et al., The role of lactitol in the regulation of the intestinal flora in liver disease. Giornale di malattie infettive e parassitarie, 45, 7-8, 1993, p.906-918.