bionobo®



Remineralise your water *from tap to glass*

What's in your tap water, why one filter for drinking and another for the shower, and how to *give your filtered water some minerals back, drop by drop.*

summary · to keep to hand

Your water in a minute *at a glance*

If you only read one page, make it this one. *The rest of the guide explains the why and the how.*

YOUR FIRST STEP, TODAY

Look up your water: 2 minutes

sinacv2.sanidad.gob.es

In Spain, SINAC (the Health Ministry's system) publishes your water supplier's test results: choose your municipality and look at the ones for your network. It's free. The site is in Spanish, and the steps are on **p. 5**.

1

STEP 1 · UNDERSTAND

Understand your water

Look at what's in yours before you buy anything (**pp. 4–7**).

2

STEP 2 · FILTER

Two filters

One for the water you drink and another for the shower. You decide which ones (**pp. 8–9**).

3

STEP 3 · REMINERALISE

Give it some minerals back

If your filter takes them out too, a few drops of **alcalina** in your water (**pp. 10–14**).

How many drops OF alcalina, IN YOUR FILTERED WATER

pp. 13–14 →

200 ml glass YOUR FIRST 30 DAYS	4 → 6 → 10	4 → 6 → 10 drops
500 ml bottle THE ONE YOU CARRY WITH YOU	4	4 or 5 drops
1-litre jug or bottle FOR HOME	5	up to 10 drops
A day YOUR RHYTHM, WITH HEADROOM	5 + 5 | 5 5	one serving = **10 drops** your rhythm: **10 + 10** never more than **40**

✓ *They all count: the ones in your bottle and jug are part of your drops for the day.*

THREE RULES

- Always in water, never straight into your mouth
- Room temperature or lukewarm, never hot: below 40 °C
- No bottled water

NO FILTER YET?

Don't wait until you have everything: start the habit with the best water you have at home and add the filter once you've chosen it (**p. 8**).

BEFORE YOU START

Pregnancy, breastfeeding, medication or a health condition: read **p. 12** before your first drop.

When you read **"water"** in this guide, we mean filtered water, with the filter you choose.

how to read this guide

Your first investment *understanding water*

"If there's something you can invest in, your first investment is taking time to understand water. Nobody is going to understand it for you. Everyone is going to come and sell you the best filter. Take time to understand, because learning is taking off the training wheels, and it's going to take a little time."

— *Dani* CO-FOUNDER OF bionobo

This guide isn't going to sell you a filter. It's going to help you understand your water so that you can choose and, if your filter takes the minerals out, give your water some minerals back, drop by drop. *You already drink water every day: get more out of every glass.*

SHORTCUTS In a hurry? → p. 2 · No filter yet? → p. 8 · Already on reverse osmosis? → p. 11

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WHAT YOU TAKE WITH YOU

To print and use

- **Your checklist** for choosing a filter — *p. 8*
- **Your ladder** and your 30-day tracker — *p. 13*
- **Glass, bottle and jug** at a glance — *p. 14*
- **Your travel list** — *p. 17*

It isn't a manual to read in one sitting: it's a map. Open it wherever you are.

part I · understanding water

The water in you *your most repeated habit*

Before changing anything, it's worth knowing what water is for your body and how much you need. It's what you repeat most, every single day: that's why it matters so much which water you drink.



55–75 %

of your body weight is water: more the younger you are.

Popkin, 2010

2/2.5 L

a day, women / men, counting the water in food (roughly a quarter). In the heat or if you train, more.

EFSA, 2010

2 %

Losing water equal to 2% of your body weight can take the edge off your attention and short-term memory.

Adan, 2012

WHAT EUROPEAN LAW SAYS

> *"Water contributes to the maintenance of normal physical and cognitive functions."*

> *"Water contributes to the maintenance of normal regulation of the body's temperature."*

With a daily intake of at least 2.0 L of water, from all sources: what you drink and what you eat.

WITHOUT OBSESSING

Don't count litres

Your body balances its water very precisely (Jéquier and Constant, 2010). It isn't about counting litres, but about drinking good water through the day.

Listen to your thirst.

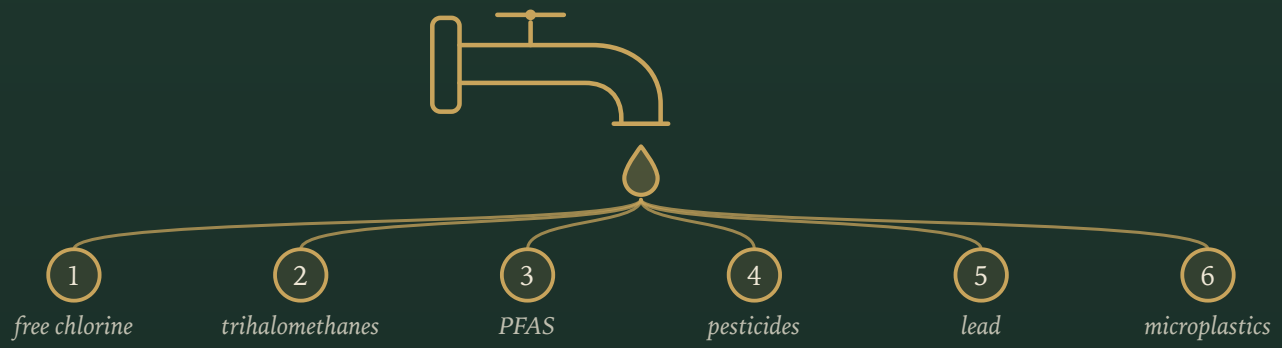
If it's what you repeat most, let it be good water. *Let's start with the tap →*

SOURCES Popkin, D'Anci and Rosenberg, *Nutr Rev* 2010 (PMID 20646222) · EFSA, *EFSA Journal* 2010;8(3):1459 · Adan, *J Am Coll Nutr* 2012 (PMID 22855911) · Reg. (EU) 432/2012, annex ("Water") · Jéquier and Constant, *Eur J Clin Nutr* 2010 (PMID 19724292).

the tap · with data

What's in the tap *what the law allows*

In Spain, as across the EU, tap water is safe to drink: it's monitored (and in Spain disinfected with chlorine). But "safe to drink" doesn't mean "nothing in it". These are the maximums the law allows (Spanish figures; EU law sets the same limits for most of them): your network is usually below them, and you can check.



1 **FREE CHLORINE**

up to 1 mg/L *(Spain)*

It's the disinfectant that protects the water in the network: the same one used in swimming pools, where it runs from 0.5 to 2 mg/L.

2 **TRIHALOMETHANES**

up to 100 µg/L

They form when chlorine reacts with organic matter in water. The law asks suppliers to aim lower.

3 **PFAS**

0.10 µg/L *the sum of 20*

The so-called "forever chemicals". Monitored since 2025, with a limit since January 2026.

4 **PESTICIDES**

0.10 µg/L *each · 0.50 in total*

Allowed within those limits.

5 **LEAD**

10 µg/L *at the tap until 2035; then 5*

In homes with old pipes it can reach the tap. (Across the EU, the 5 µg/L limit applies by 2036.)

6 **MICROPLASTICS**

no limit *yet*

In a study of 159 tap water samples from around the world, 81% contained man-made particles, mostly fibres. WHO says that, on what we know today, they don't appear to be a risk, but more research is needed.

YOUR FIRST STEP

Look at your water

sinacv2.sanidad.gob.es

Understanding water starts with yours. Your water supplier has to publish its test results (in Spain, on SINAC): click "Acceso Ciudadano" (citizen access), then "Información actual sobre agua de consumo" (current drinking-water information), and choose your region, province and town. Look at them before you choose a filter.

It isn't to scare you: it's so you know what to ask.

SOURCES Royal Decree 3/2023 (BOE-A-2023-628), annex I parts B and C (BOE pp. 4306–4308) and additional provisions 7 and 12 · Royal Decree 742/2013 (BOE-A-2013-10580), annex I · Directive (EU) 2020/2184, annex I part B · Kosuth, Mason and Wattenberg, *PLoS One* 2018 (PMID 29641556) · WHO, press release of 22 August 2019.

the second filter

The shower counts too *skin and steam*

We usually think only about the water we drink. But in the shower, hot water and steam get in too: through your skin and as you breathe.



A STUDY · THE CHLOROFORM CASE

10 min

One study found that, in the shower, chloroform (a by-product of chlorine) gets into the body as much through the skin as by breathing in the steam, and that a 10-minute shower gave a dose comparable to drinking that water for a whole day (Jo, Weisel and Lioy, 1990).



WHAT YOU DRINK

In the case of chloroform, it goes through the liver first.



IN THE SHOWER

What you breathe in and what your skin absorbs reaches the blood without going through the liver first (chloroform; Weisel and Jo, 1996).

YOUR HABIT

The shower filter

- **MINIMUM VERSION** The shower filter: it goes on in a few minutes.
- **OBSERVE** *How do your skin and hair feel after a few weeks?*
- **THAT'S WHY** The second filter goes in the shower (**p. 8**).

SOURCES Jo, Weisel and Lioy, *Risk Anal* 1990 (PMID 2287784, 2287785) · Weisel and Jo, *Environ Health Perspect* 1996 (PMID 8834861).

the plastic · with data

We're stepping away *from bottled water*

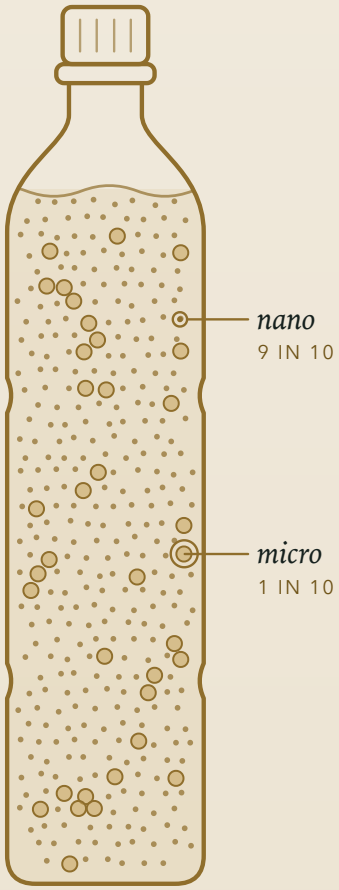
The first decision is simple: we're stepping away from bottled water. Not because of the water, but because of the plastic.

A 2024 STUDY · WITH A NEW METHOD

240,000

plastic particles per litre of bottled water, *on average.*

A team from Columbia University counted them with a new method able to see nanoplastics: nine in ten were nanoplastics (*PNAS*, 2024).



93% of 259 bottles from 11 brands in 9 countries contained microplastics. The most common was polypropylene, the same plastic as many bottle caps (Mason, Welch and Neratko, 2018).

YOUR CHANGE

What we do instead

Your water, filtered
At home, with the filter you choose · **p. 8**

A bottle you refill
Glass or steel, to take with you.

Your alcalina drops
If your filter also removes the minerals · **p. 9**

When travelling
Do what you can · **p. 17**

OBSERVE *In a month, how many plastic bottles have you stopped buying?*

× **What we leave out:** unfiltered tap water and bottled water.

SOURCES Qian et al., *PNAS* 2024 (PMID 38190543) · Mason, Welch and Neratko, *Front Chem* 2018 (PMID 30255015).

part II · your filter

Your filter, your call
two filters, your judgement

> *"I could tell you which filter is best, but I don't want to: I want you to decide which is best. What I am here to tell you is that tap water is full of rubbish, and that a filter for the shower and a filter for the water you drink are essential. That's the first change."*
>
> — *Dani*

FILTER 1

The water you drink

A filter for drinking and cooking. It's the one you use most: take your time over it.

FILTER 2

The water in your shower

A filter on the shower, because of your skin and the steam (**p. 6**). It's the minimum version: it goes on in a few minutes.

TO PRINT

Before you buy
your checklist for any filter

- [ ] **What does it remove?**
  Ask for a report from an independent laboratory that proves it.
- [ ] **What does it leave?**
  Does it take the minerals too? If so, see **p. 9**.
- [ ] **How often does the cartridge need changing?**
  And what does it cost a year? An old cartridge can build up bacteria.
- [ ] **For the shower**
  What does it reduce, chlorine for example, and does an independent test prove it?
- [ ] **Does it suit you?**
  With your water (your test results, **p. 5**), your home and your budget.



No brands, no "best technology": with these questions, the decision is yours.

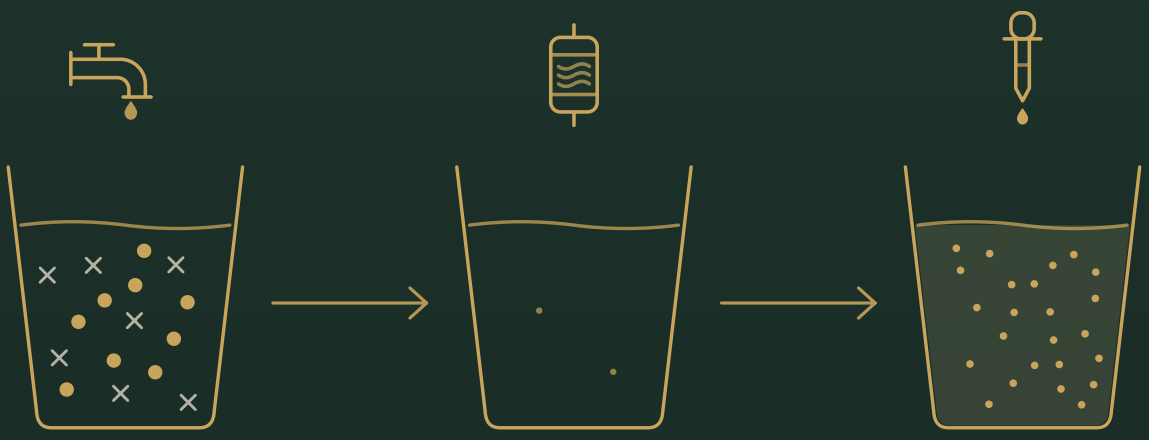
SOURCE Clark GG et al., *Water Research*, 2026 (PMID 42710160): modelling study of activated-carbon point-of-use filters and *Legionella* risk, new vs aged cartridges.

reverse osmosis · distillation

What if your filter *takes the minerals too?*

Water is more than H_2O: as it runs through rock and soil, it picks up minerals. Some filters take almost all of them out: reverse osmosis, distillation or deionisation can leave it with barely 1 mg of minerals per litre (WHO, 2005).

Reverse osmosis is a good filter. It has just one catch: it takes the minerals too.
If your filter does that, give them back.



From the tap
what you don't want + minerals

After reverse osmosis or distillation
almost nothing

With your drops
trace minerals and fulvic acids

IN ALL HONESTY

Reverse-osmosis water hydrates

What it lacks is minerals: that's why we give them back, in the glass and on the plate.

IF THIS IS YOU

When to pay more attention

If your water is from reverse osmosis and you fast often, eat dairy-free or train for more than an hour and a half, look after your minerals more: calcium and magnesium, above all on your plate (**p. 10**).

⚠ **Pregnancy or breastfeeding:** talk to your doctor; alcalina isn't for this stage (**p. 12**).

WATER AND THE LAW

Even the law takes it into account

In Spain, desalinated or softened water must contain a minimum of minerals. And according to the WHO, the water you drink can contribute calcium and magnesium, and that matters more if you're only just getting enough.

WHAT YOU CAN DO

In the glass: a few drops of alcalina in your filtered water (**p. 11**).

On the plate: nutrient-dense food (**p. 10**).

SOURCES Kozisek F, in WHO, *Nutrients in Drinking Water*, 2005, pp. 148–149 · BfR, opinion 041/2020 · WHO, *Guidelines for Drinking-water Quality*, 2017, "Hardness" · Spanish Royal Decree 3/2023, annex I, part F, table 7, note 1 (BOE, p. 4312).

part III · remineralise

Remineralising *what it really means*

"Remineralising" has become an empty word.
Here it has three very concrete meanings.

1 In the glass

Giving your filtered water trace minerals and fulvic acids (**pp. 11–14**).

2 On the plate

Calcium and magnesium reach you mostly through food. It isn't about eating a varied diet, but about eating for nutrient density.

3 With time

It's consistency, not a shortcut (**p. 13**).



WATER AND SALTS

Why minerals *in water matter*

Water and salts go together: the gut absorbs water hand in hand with sodium, and the body never loses "pure" water, always water with salts (WHO, 2005). That's what electrolytes are: minerals that carry an electrical charge, such as sodium, potassium, calcium or magnesium.

ON THE PLATE, TODAY

2 in 3

people worldwide don't get enough calcium from their food (analysis of 185 countries, 2024).

1950 → 1999

On average, 43 garden crops had less calcium, phosphorus and iron in official US data (Davis, 2004).

AN INVITATION

Explore hydration

Adding salt to water isn't our style.

If you think salted water hydrates, **try biominerals** and notice what kind of hydration you feel. It's very different (**p. 15**).

Your drops provide trace minerals and fulvic acids.



ISOLATED SALTS



LABORATORY COMBINATIONS



BIOMINERALS IN A COMPLEX MATRIX

THREE FORMS OF MINERALS

A mineral with company, *not a mineral on its own*

Biominerals are minerals bound to organic matter, like those in fulvic acid. We are not talking only about fulvic acid, but about everything that comes with it: trace minerals, organic acids and electrolytes in a natural form.

SOURCES Kozisek F, in WHO, 2005, p. 152 · Passarelli S et al., *Lancet Glob Health*, 2024 (PMID 39218000) · Davis DR, Epp MD and Riordan HD, *J Am Coll Nutr*, 2004 (PMID 15637215).

biominerals · alcalina

alcalina
drops for your water

Drops with almost no taste that fit into your hydration routine, at home or on the go: our gentlest formula. They come from an ancient humate deposit: their organic acids come from plant matter and microbial life from around 34 million years ago.

WHERE IT COMES FROM



1 · THE ORIGIN
An ancient humate deposit
around 34 million years ago

2 · THE EXTRACTION
Extracted with water, without heat or solvents
a slow, two-year process

3 · IN YOUR GLASS
Drops for your filtered water
drop by drop



WHAT TO EXPECT IN THE GLASS *The drops open into amber threads and the water turns a light gold, with almost no taste.*

WHAT YOU GIVE YOUR WATER

75+

trace minerals, in a matrix of fulvic and humic acids.

It doesn't turn your water into a mineral water: calcium and magnesium reach you mostly through food (**p. 10**).

TO COUNT YOUR DROPS

- 1 serving = 10 drops = 0.5 ml
- 30 ml ≈ 60 servings
- 100 ml ≈ 200 servings

BIOMINERALS
alcalina
View alcalina
SCAN OR TAP

WHERE IT FITS

- in your morning glass
- in your afternoon bottle
- on an empty stomach
- when you travel

SOURCES alcalina label and data sheet · alcalina product page on bionobo.com · product dossier (origin).

what to know

Before you start *in all honesty*

We'll tell you what it is, what it isn't and who should check first. With the same honesty as the rest of the guide.

WHAT THEY TELL US

> *"The perfect routine for every morning, alcalina is going to be with me for a long time.*

CRISTINA R. · alcalina
Translated from Spanish

> *"It is very easy to take, as it is a liquid and you can mix it with water on an empty stomach. You cannot taste it once it is diluted.*

ANGELS G. · alcalina
Translated from Spanish

WHAT IT IS

- ✓ Trace minerals and fulvic acids for your filtered water.
- ✓ A one-minute habit, with almost no taste.
- ✓ Something for months, not days.

WHAT IT ISN'T

- × Bottled mineral water in drops.
- × A substitute for food: the plate comes first (p. 10).
- × A buzz or a treatment.

BEFORE YOUR FIRST DROP

Your health comes first

Read it calmly. If something does not add up, stop and ask.

- We do not recommend alcalina during **pregnancy or breastfeeding**.
- If you have a **health condition** (kidney or blood pressure, for example) or follow a **mineral-restricted diet**, talk to a health professional first.
- One serving is 10 drops: **do not exceed the 40 drops a day stated on the pack**. Keep out of the reach of children.
- If you take **medication or hormone therapy**, check with your doctor first and leave **2 hours** between alcalina and any medication.
- Always **diluted in water or juice**, never straight into your mouth.
- Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

We test alcalina at an **independent European laboratory**: lead, cadmium and mercury come out far below the EU limits.

Questions? **hola@bionobo.com**

SOURCES verified reviews on bionobo.com (first name and initial) · alcalina label and box · independent European laboratory (January 2025).

your rhythm, your dose

Your first 30 days *drop by drop*

With alcalina there's no rush. Start with a few drops, go up slowly and let your body set the pace. Consistency matters more than quantity.

alcalina · drops in filtered water

ONE SERVING = 10 DROPS

DAY	IN THE MORNING in 200 ml · on an empty stomach, if it suits you	IN THE AFTERNOON in your bottle or your glass	YOUR LADDER
DAY 1	4	—	**4 drops** in the morning
DAY 3	6	—	**6 drops** in the morning
DAY 7	10	—	**10 drops** in the morning: your first full serving
DAY 14	10	4	**10** in the morning **+ 4 or 5** in your afternoon bottle (500 ml, p. 14)
DAY 21	10	10	**10** in the morning **+ 10** in the afternoon, in your glass or your 1-litre bottle
DAY 30	8	8	**Your dose:** a little under or over 10 drops per serving, depending on how you feel; **never more than 40 a day**.

IF YOU'RE SENSITIVE

Go slower

Stay on 4 drops for a few more days before going up, or take them on alternate days, until your body gets used to it.

WHILE YOU ADAPT

Listen and adjust

If something doesn't sit well, lower the drops, drink water and rest. If it carries on for more than a week, see a professional.

THEY ALL COUNT

Count your drops

Count every drop of the day (glass, bottle, jug, coffee) as part of your dose. One serving is 10 drops; your usual rhythm, 10 + 10. The pack sets a maximum of 40 a day: don't go over it.

YOUR 30 DAYS · TICK OFF EACH DAY

one tick a day, at your own pace

○ ○

1 2 **3** 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 28 29 **30**

After the 30 days: keep your rhythm and adjust it to how you feel. **Months, not days:** the body has its own rhythm.

in practice

Glass, bottle and jug
your day with water

anatomy of a glass

Your morning serving, in one minute

Filtered water 200 ml, room temperature or lukewarm + **Your drops** 4 to 10 (p. 13) → **Stir** a few seconds → **Wait a moment** it turns a light gold → **Drink** on an empty stomach, if it suits you



GLASS
200 ml

4 → 6 → 10 DROPS

Your morning serving. It's the ladder on p. 13.



BOTTLE
500 ml

4 or 5 DROPS

Your afternoon drops, to take with you: at home, travelling or training.



JUG
1 litre

up to 10 DROPS

In a jug or a 1-litre bottle: make it up for the day and let it stand for a few minutes.

The drops in the bottle and the jug aren't extra: they're part of your drops for the day.

THREE MORE THINGS

- **Shake the bottle** before use: the sediment is natural.
- **Room temperature or lukewarm**, never hot (p. 16).
- **The jug with drops is for adults:** children have their own, much lower amounts (you'll find them on the **alcalina page**).

YOUR DAY, IN THREE MOMENTS

1

WHEN YOU WAKE UP

Your morning glass

200 ml of filtered water with your drops.

200 ml · 4 to 10 · fasted

2

IN THE AFTERNOON

alcalina in your bottle

Your glass or steel bottle with filtered water and your afternoon drops.

at home · travelling · training

3

AT THE TABLE

Cook with your water

Filtered water for cooking, coffee and herbal teas (p. 16).

cooking · coffee · herbal teas

No filter yet? Start the habit with the best water you have at home and add the filter once you've chosen it (p. 8).

part IV · every day

Water when you fast *with biominerals*

When you fast, water takes centre stage. And with it, minerals.



THE FIRST DAYS

In the first days of a fast your body lets go of sodium and water (Kerndt et al., 1982). To your fasting water we add your alcalina drops: they have no calories, so they don't break the fast. Count them as part of your drops for the day. And in all honesty: a few drops don't turn your water into a rehydration drink.

EXPLORE HYDRATION

Adding salt to water isn't our style. We invite you to explore hydration: if you think salted water hydrates, try biominerals and notice what kind of hydration you feel. It's very different.

A long fast? Whatever you need, with your doctor.

your fasting water — a habit, not a protocol

Lukewarm filtered water + Your alcalina drops

The biominerals support your body while you fast.

IF YOU EXTEND YOUR FAST

AS AFTER re:set — The re:set guide, in the library (**p. 19**)

ki:wami instead of food

2 to 4 servings of 30 ml a day, together with alcalina and shila:jit, and warm water between servings. **Note:** because ki:wami takes the place of food, it's no longer a water-only fast.

KŌSO ENZYMES

ki:wami

View ki:wami

SCAN OR TAP

BEFORE YOU FAST

If you have high blood pressure, kidney or heart problems, take medication or are pregnant, talk to your doctor first.

SOURCES Kerndt PR et al., *West J Med*, 1982 (PMID 6758355) · alcalina product page on bionobo.com (FAQ: it does not break a fast).

cooking · preparing

In the kitchen
coffee, tea and food

Water isn't only for drinking: you cook with it too. And there, too, it matters which water you use.

IN THE POT
For cooking

Older studies gathered by the WHO in 2005 found that cooking food in very soft water can draw out up to 60% of its magnesium and calcium.

If you cook with reverse-osmosis water: steam instead, or use the cooking water as a broth.

IN THE CUP
Coffee and tea

The taste of coffee depends on the minerals in the water: magnesium, calcium and sodium change what is extracted from the bean (Hendon et al., 2014).

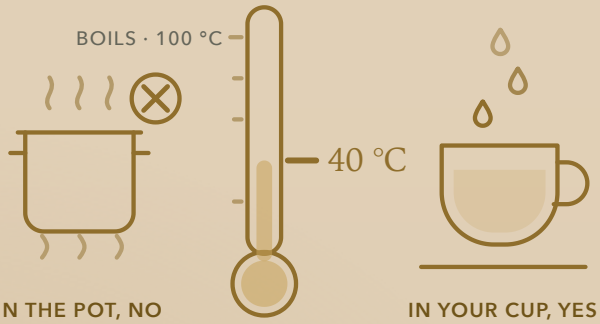
With reverse-osmosis water alone, many people find coffee and tea taste flatter.



NO HEAT
Cold, always

Cold brew, iced tea, juices, smoothies and ice cubes with your filtered water. Wash your fruit and vegetables with it too.

drinks · fruit · washing



A SINGLE RULE
Lukewarm, never hot

BELOW **40 °C**

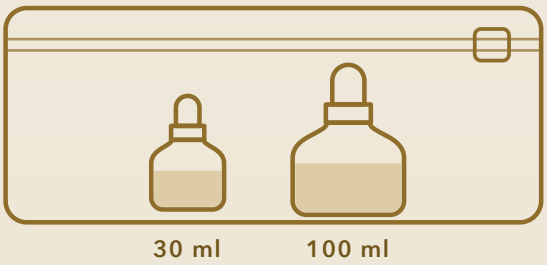
alcalina never goes into boiling water or into the cooking pot. In herbal teas, coffee, soups or purées, add it to your cup or bowl once they are lukewarm: below 40 °C.

SOURCES Kozisek F, in WHO, *Nutrients in Drinking Water*, 2005, p. 154 · Hendon CH, Colonna-Dashwood L and Colonna-Dashwood M, *J Agric Food Chem*, 2014 (PMID 24802110) · alcalina product page on bionobo.com (temperature).

travelling · storing

Travelling and at home
storing and preparing

AWAY FROM HOME
Travelling



Both alcalina bottles, the 30 ml and the 100 ml, fit in the liquids bag of your hand luggage (containers of up to 100 ml). Before you fly, check your airport's rules.

Your drops, always in water: on the plane or at the hotel too.

Away from home you won't always be able to choose your water. If you take a portable filter, great; if not, do what you can, without obsessing.

Letting go of control is part of this too.

YOUR ROUTINE
At home

Once it's filtered, water no longer carries chlorine to protect it. **Keep it covered**, in glass if you can, somewhere cool or in the fridge, and **drink it within the day**.

The jug with drops, for the day.

The alcalina bottle, tightly closed, somewhere cool and dry.

Change your filters' cartridges when they're due (**p. 8**).

TO PRINT AND TICK OFF

Before you leave home *your travel list*

- [ ] Your alcalina bottle, in the liquids bag
- [ ] Your glass or steel water bottle
- [ ] Your portable filter, if you use one

WHICH BOTTLE?

30 ml to take with you **60** SERVINGS

About 60 servings: about 2 months at one serving a day; around a month at 10 + 10.

1 SERVING A DAY	≈ 60 days
10 + 10	≈ 30 days

100 ml for home **200** SERVINGS

About 200 servings: about 200 days at one serving a day; about 100 days at 10 + 10.

1 SERVING A DAY	≈ 200 days
10 + 10	≈ 100 days

Wherever you go, your water routine travels with you.

SOURCES Implementing Regulation (EU) 2015/1998, liquids in the cabin (some airports with new scanners allow more) · alcalina label (10 drops = 0.5 ml; 60 servings) · technical data sheet (storage) · Royal Decree 3/2023, Spain (residual chlorine protects the water in the mains).

closing · going deeper

To go deeper
alcalina and shila:jit

alcalina is your everyday habit, in your water. If one day you want a deeper ritual, at home, there's shila:jit. Each has its moment.

WHEN shila:jit MIGHT INTEREST YOU

- ✓ When your water routine already runs on its own and you want to go deeper.
- ✓ When you prefer a ritual at home, with more calm.
- ✓ When you're thinking about a long-term habit.

WHICH TO CHOOSE?

alcalina · DROPS FOR YOUR WATER

Constant *and light*

For every day and for travelling: in your glass, your bottle or your jug. You start with 4 drops in a glass of water until you reach your own rhythm, 10 + 10 (**p. 13**). Almost no taste.

View alcalina

SCAN OR TAP

shila:jit · A RITUAL AT HOME

Concentrated *and deep*

The most cost-effective option for a long daily ritual. You start with a grain of rice and can work up to a small chickpea, spread through the day, without going beyond what the pack states.

View shila:jit

SCAN OR TAP

And if you choose both: on waking, shila:jit and your glass of alcalina; in the afternoon, alcalina in your bottle.



VIDEO · DAILY RITUAL

How to take our shila:jit | Daily ritual

youtu.be/qz1bboYZgN0

SOURCES alcalina and shila:jit product pages on bionobo.com (directions for use and dosage) · video *How to take our shila:jit | Daily ritual* on YouTube.

closing

You choose
your first glass, today



Changing your water is a small step, and it's the first one. At first it takes effort: understanding, choosing, building the routine. At times it will feel like a lot, but your future self will thank you. It isn't about doing it perfectly, but about starting: one filter, then the other; a glass, then your bottle. Little by little, without training wheels, on your own terms.

You choose: one day or day one.
Your first glass starts today.

GUIDES LIBRARY

Keep learning: beginners, re:set, be:liver and more

bionobo.com/en/pages/biblioteca-de-guias

hola@bionobo.com
Any question about your water or your drops.

bionobo.com
Guides, products and lab tests.

This guide is informational and does not replace the advice of your doctor or of a healthcare professional. alcalina, shila:jit and ki:wami are food supplements: they are not intended to diagnose, treat, cure or prevent any disease. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the daily dose stated on the pack. Keep out of the reach of children. bionobo® · 2026 edition.