




# Return to Nature

WITH  
KANGEN WATER®

*Greener Living is Possible...  
Greener Living is  
Kangen Water®!*

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In Japanese the word “Kangen” means **“a return to origin.”** Our current environment is one of flux and uncertainty. Our home has become a place of refuge and Enagic® has the key to creating the balance we require. **With 5 types of water,** Enagic® has the solution to creating a clean, green home to bring us even closer to a natural life.

# GREENER LIVING



*We are fully aware* of the harmful nature of various toxins and their effect on our environment and our bodies. We are now seeing the full effect of chemicals and pesticides in our water supply. **Rivers, streams, oceans and even our municipal tap water have**

**become contaminated and polluted.** Beach closings have become a new norm and the EPA has declared Nonpoint Source Pollution (NPS) a serious issue. NPS occurs when water moving over the ground picks up various pollutants and deposits them into our waters. <sup>(1)</sup>

**We need to make every effort to rid our homes of toxicity, beginning with our cleaning and beauty supplies. This may seem like a daunting task, but thankfully Enagic® has come to the rescue.**

**REMOVE  
TOXINS**



Source: 1. <http://water.epa.gov/polwaste/nps/dosdont.cfm> (United States Environmental Protection Agency)

# Maximize the Machine

With the Enagic® water-ionizing machine you can begin to create a home that is chemical-free! Utilizing the full range of alkaline and acidic waters that are generated by the Enagic® machines is the solution to your daily, household cleaning requirements.



## Kangen Water® and Beyond

You already know that Kangen Water® is the choice for healthy hydration with alkaline water. But the Enagic® water-ionizing machines can do so much more! The 5 types of Enagic® water has endless uses depending upon your individual needs.

**So now let's take a closer look at some of the ways that this incredible product can easily transform your home and your life.**





# HAZMAT IN THE HOME

**Green living** has become more than a passing trend, its become a serious way of life. We are naturally making conscious choices regarding our impact on the earth. Searching for products that are sustainably-sourced, ethically produced, recyclable and energy-efficient is second nature to a growing majority of the population.

Take an inventory of what is currently in your cabinets and under your sinks. As conscious as we are about using the cleanest and greenest products, chemically ambiguous products still manage to sneak there way into our lives.

**We spend an average of 90% of our time indoors where air pollution can be 2 to 5 times greater than outdoor air pollution. This is a direct result various pollutants that occur from within the home itself. Pollutants like volatile organic compounds include, but are not limited to, cleaning supplies, insecticides and products we regularly use within our home.** <sup>(1)</sup>

Indoor air pollution has become such a prevalent concern that we are now studying the effects on the population. The EPA has dedicated time and resources to ensuring that we have a greater understanding of the cause

and effects of this important issue. <sup>(2)</sup>  
**But more importantly, WE are the deciding factor when it comes to what we bring into our homes.** Making the decision to bring the Enagic® water-ionizing machine into your home is a step in the right direction. This machine will give you the ability to eliminate so many harmful products that are inadvertently polluting your air.

**Let Enagic® do the work for you-- Naturally!**

**Better for YOU Better for the Earth!**


Sources: 1. <https://www.epa.gov/report-environment/indoor-air-quality>

2. <https://www.epa.gov/indoor-air-quality-iaq/indoor-air-pollution-introduction-health-professionals#tuberculosis>

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# A GREENER HOME

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***Trying to find*** products that are effective yet environmentally-friendly and healthy can often be a fruitless endeavor. This is what causes even the most earth-conscious individual to reach for the old, toxic standby. But now, the search is over! With the Enagic® machine you can have the best of both worlds.

# The Strong Waters

The state-of-the-art Enagic® machines incorporate the process of electrolysis to generate alkaline and acidic waters of varying strengths. Strong Kangen Water® (pH 11.0) and Strong Acidic Water (pH 2.7) are not for drinking, but they have unique characteristics that make them very useful and versatile around your home.



## Strong Kangen Water®

Strong Kangen Water® is the essential tool for powerful cleaning and degreasing. Use this water to wash dishes, counters and cutting boards and to remove tough stains.

Plus, with a few ingredients you probably already have in your cabinet, you can make an all-natural, All-Purpose Strong Kangen Water® Cleaner, Strong Kangen Water® Window Cleaner, Strong Kangen Water® Dish Soap, and more. Ditch the chemical-laden, overpriced cleaners and save money and the environment with Strong Kangen Water®. You can also use this incredible water to remove pesticides, dirt, and other impurities from foods.



## Strong Acidic Water®

Strong Acidic Water is your new superhero cleaner. It cleans but with the added benefit of eliminating germs and bacteria when sanitizing household surfaces. So go ahead and confidently clean and sanitize your knives, cutting boards, kitchen sink, bathrooms and more!



## It's Basic Chemistry: Chemical-Free Cleaning and Sanitation!

Now you can completely clean and sanitize your entire home, with just these two unique waters! And, with the Enagic® water-ionizer, you'll have unlimited amounts of these cleaners. No more running to the store to purchase more bottles of cleaning products. Save time, money and the environment with Enagic®.





# GREENER LAUNDERING

**Take a look** at the label of your favorite laundry detergent. If you can't pronounce some of the ingredients and the ones you can pronounce you'd be horrified to put next to your skin, then it's time for a change.<sup>(1)</sup>

- Water
- Phosphates
- Nonylphenol polyethoxylate
- (a surfactant that breaks down into an estrogen mimic)<sup>(2)</sup>
- Chlorine Bleach
- Lye
- Ammonia
- Phenols
- Fillers
- Other toxic chemicals

This is not even a complete list. Manufacturers of laundry detergent and other products are not required to list every ingredient on the label. An ingredient listed as "fragrance" can actually refer to several hundred chemicals, many of which are hazardous.<sup>(3)</sup> The chemicals used in fragrances have been known to irritate skin,

trigger asthma attacks and a host of other complications. The act of simply purchasing laundry detergent could be putting your entire family at risk! And it isn't just the washing machine. Investigators have discovered over 29 unique volatile organic compounds (VOCs) in dryer vent emissions, some of which are known human carcinogens.<sup>(4)</sup>



Doing the laundry should not be a health risk, yet the harmful characteristics of some of the ingredients present in laundry detergents include; toxicity that “may cause cancer or other adverse health effects in humans,” toxicity that may lead to “developmental and reproductive effects,” ingredients that may cause “severe irritation or burns to living tissue,” toxicity to aquatic wildlife (after the chemicals have washed down the drain and polluted natural water sources), and metalized colorants that present environmental concerns.

It is this alarming lack of transparency in the marketplace that has resulted in the US Environmental Protection Agency offering Safer Choice options to help build awareness and encourage people to ditch the chemicals that are toxic to humans.<sup>(5)</sup>

Kangen Water® does so much more than just hydrate! This special alkaline water can also play an essential role in green laundering. You can literally “just add water” to some all-natural, household ingredients to make your own Kangen Water® laundry detergent! No more chemicals! No more skin irritations! No more polluted run-off into natural water sources!

Making your own laundry detergent is easy, fun, and the responsible decision for your health and environment. Plus, you'll love the results! Kangen Water® laundry detergent washes your clothes gently, leaving them clean without jeopardizing color brilliance.

And, once you've selected the right Enagic® machine for you, you'll have access to all the Kangen Water® you need to stay on top of your hydration AND your laundry!

Go green with Kangen Water® laundering!

Sources: 1. <http://www.ecocycle.org/hazwaste/index.cfm>  
2. Smith-Heavenrich, Sue. “Laundry Detergent, Fracking Chemicals and Cancer” Broader View Weekly, October 2, 2009  
3. <https://www.motherearthliving.com/health-and-wellness/toxic-laundry-detergent-ingredients-zmez12mazmel>  
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3226517/>  
5. <https://www.epa.gov/saferchoice>



# Kangen Laundry Detergent

## Ingredients.

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1 cup soap nuts

*(You can find soap nuts online or in your local health food store)*

4 cups Kangen Water®

A few drops of essential oil *(optional)*

## Directions.

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1. Crush the soap nuts, then soak them in Kangen Water® overnight.
2. Blend the mixture the next morning. Let sit for a few hours, stirring occasionally.
3. Strain the liquid with cheesecloth.
4. Add your favorite essential oil (lavender is a wonderful addition to this organic detergent).
5. Use 1/2 cup to 1 cup of detergent for each load



# CLEANER, GREENER KITCHEN WITH ENAGIC®

**The kitchen** is the one room in the house that should not be overlooked when going green. It's a safe haven for germs, and often contains more bacteria than your bathroom. With so many microscopic pathogens calling your kitchen home, you need a hefty cleaner (or two) and a serious plan. But, you can't just grab whatever cleaner you see on the shelves of your grocery store. Just like the laundry detergents, these products contain more of the chemicals that you're trying to eliminate.

The Strong Enagic® waters are excellent choices for heavy duty cleaners. With

an Enagic® water ionizer, you can make an All-Purpose Strong Kangen Water® Cleaner to remove pesticides from fruits and vegetables, degrease, clean counters and more. Use Strong Acidic Water for areas that require sanitization, like countertops and cutting boards.

## SCRUBBING THE DISHES GREEN

Strong Kangen Water® is extremely versatile in the kitchen, it'll even do your dishes! Skip the dish soap and just use Strong Kangen Water® to wash your dishes. It's super effective and extra strength to get your dishes

spa.



However, if you prefer to use dish soap, you can make your own with Strong Kangen Water®! It's super easy. All you need is a few common household ingredients for an all-natural, super-cleaning alternative.

# THE KITCHEN GAME PLAN:

## 1 ▶ **CLEAN YOUR SPONGES**

Wash your sponges regularly in the dishwasher with Homemade Dishwasher Detergent, then microwave for two minutes while still damp. This will help reduce spreading germs that breed on dirty sponges.



## 2 ▶ **WASH YOUR DISH TOWELS WITH KANGEN® LAUNDRY DETERGENT**

Just like your moist sponge is a breeding ground for germs, damp dishrags can also spread germs around your kitchen and onto your hands. Make sure to wash your kitchen towels in Kangen® Laundry Detergent.



## 3 ▶ **KEEP IT CLEAN**

Keep two spray bottles of the Strong Water Cleaners close by to keep germs at bay!



## 4 ▶ **WASH YOUR HANDS**

Before and after handling food, be sure to wash your hands. You can even make your own hand soap and hand sanitizer with Strong Acidic Water.





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# HEALTHY COOKING

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*The Enagic® water ionizer* has so many uses beyond optimal hydration for a healthy body. One way to explore the versatility of your Enagic® machine is to make it an integral part of your daily cooking routine.

Combine the powers of Kangen Water® and Strong Kangen Water® to clean your food and remove impurities:



- 1 First soak produce in Strong Kangen Water® to remove bacteria and pesticides.
- 2 Then rinse produce, meats and poultry with Kangen Water® before cooking.

Tap water contains contaminants and impurities so, if you want to ensure that your food is clean, you need the Enagic® waters!

## KANGEN COOKING

With its delicious mild taste and healthy alkalinity, Kangen Water® makes the perfect substitute for regular water in almost any recipe - and it will draw out the natural flavors and aromas of your fresh ingredients! Why cook with acidic tap water when you can use clean, ionized and alkalized Kangen Water®?



# EASY WAYS TO COOK WITH KANGEN WATER®



Use Kangen Water® to make homemade broths. Kangen Water® will draw out all the delicious flavors of vegetable, seafood, beef, or chicken broth.



Steam your food with Kangen Water®. Steaming food is one of the healthiest cooking methods because it allows fresh nutrients to be retained more than boiling, frying, baking, or microwaving. Kangen Water® brings out the delicate flavors of steamed food, especially if you're using a bamboo steamer!



Brew your favorite Fair Trade coffees or teas with Kangen Water®



Use Kangen Water® when making soups or cooking with pastas, beans, couscous, oatmeal, etc.


Explore gourmet Kangen Water® cooking with a new Enagic® ionizing machine today!

**Prepare food with passion and purpose.**



# Chicken Tortilla Soup

## Ingredients.



2 tablespoons vegetable oil  
1 small onion, diced  
2 tablespoons minced garlic  
2 jalapeños, finely diced  
3 cups low-sodium chicken broth  
3 cups 9.5 pH Kangen Water  
3 chicken breasts, boneless and skinless  
2 limes, juiced, plus wedges for garnish  
Salt and freshly ground black pepper  
1 (14.5-ounce) can fire roasted diced tomatoes  
1 (14.5-ounce) can black beans, rinsed and drained  
1 cup roughly chopped fresh cilantro leaves  
1 (8-inch) flour tortilla, grilled, cut into thin strips  
1 avocado, pitted, sliced  
1 cup shredded Monterey Jack cheese

## Preparations.

1. Clean fresh produce with 11.5 pH Strong Kangen Water, then with 2.5 pH Strong Acidic Water, followed by a 9.5 pH Kangen Water rinse.
2. In a large saucepan heat the oil. Add the onions and cook for 2 minutes.
3. Once the onions have softened add the garlic and jalapeños and cook for another minute.
4. Pour the chicken broth, Kangen Water, tomatoes and beans into the pot and bring to a boil.
5. Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25
6. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside. minutes.
7. Add lime juice and fresh cilantro to the pot. In a serving bowl add a mound of shredded chicken.
8. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese. Enjoy!

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# CLEAN GREEN BEAUTY

## WITH ENAGIC® BEAUTY WATER

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**Now** that you've transformed your home into a tranquil and green space, let's take a look at how you can extend green-living to your skin care with Kangen Water®. Take a look at the label on your favorite bottle of cleanser. Can you pronounce the ingredients? Do you even know why these chemicals are in your cleanser? Or, the long-term effects of exposure to such chemicals?

### SKIN CARE EXPOSED

Your skin is your body's largest organ and requires the same nutrients as the rest of the human body in order to stay healthy. Due to the porous nature of the epidermis, absorption of chemicals is something we need to always consider when applying anything to our skin. The Food and Drug Administration (FDA) does not approve cosmetics. This includes perfumes, makeup,

moisturizers, face and body cleansers and shampoo amongst other products.<sup>(1)</sup> In light of this information, we need to be especially diligent regarding the ingredients in our beauty products. We should feed our skin the same way we feed our body, with healthy, organic ingredients as close to nature as possible.

But let's not forget the environmental impact of the chemicals present in skin care being rinsed down the drain and into our water sources. Water treatment centers are unable to filter out these harsh chemicals and as a result, over 100 different chemicals have been detected in our tap water and eco-system.<sup>(2)</sup>

**BE KIND TO YOUR BODY, YOUR BUDGET, AND YOUR ENVIRONMENT!**





# BE RADIANT. BE NATURAL. BE GREEN.

The organic skin care industry has grown exponentially as a result of consumer awareness. We are waking up to the fact that natural beauty products are simply better. However, the price of organic and natural skin care products can sometimes be a hindrance. Add to this the fact that some of these products don't live up to their claims and you could be left fairly disparaged.

Thankfully, there is an affordable and effective alternative. With an Enagic®

water- ionizer, you can readily produce your main ingredient in all-natural, homemade beauty products: Enagic® Beauty Water!

Beauty Water is a gentle astringent that supports the proper pH level for our acidic skin. Tap water contains harsh chlorine which strips the skin of natural oils essential for hydration. With Beauty Water you can wash, rinse, and tone your entire body, leaving your skin healthy and hydrated.

## BEAUTY WATER CONCOCTIONS

Not only can Beauty Water be used directly on your skin, you can also use it as an ingredient when making your own beauty products! Whether you're looking to make organic hair care products or hand sanitizer the powerful Enagic® machines will generate the waters you need to keep your skin and your environment clean, green, and radiant. Transform your skin, hair, and beauty care products with BeautyWater today!





# ENAGIC® HAIR CARE

**We all want** beautiful, shiny, healthy hair and will do just about anything to achieve that goal. However, most of the miracle products we reach for are full of harmful toxins and chemicals designed to give the illusion of healthy hair. Since we know we are absorbing chemicals through our skin we need to consider healthier, more natural alternatives when washing and conditioning our hair.



## WHAT COULD GO WRONG?

Sometimes the toxins aren't even listed as an ingredient on the label. The carcinogen 1,4-dioxane ends up in our products as a result of a chemical process called ethoxylation, where ethylene oxide, a breast carcinogen is added to other chemicals to lessen their harshness. Even the most diligent label-reader would not find this known carcinogen on their product due to the fact that the FDA does not require it to be listed as an ingredient. <sup>(1)</sup> And remember, The chemicals and additives in shampoos and soaps don't just affect you; they are also harmful to the environment when they are rinsed down the drain.

## THE ORGANIC DILEMMA

Nowadays, educated consumers are choosing organic products. But these products definitely come with a higher price tag. However, although most people want to choose better alternatives, they simply do not have the money for the investment in a green overhaul. Sometimes the product is deceptively organic. In order to meet federal requirements, producers who wish to sell products labeled "made with organic ingredients" need to only contain 70% organic ingredients.<sup>(2)</sup> It's important to read the labels on "organic" products just as closely!

**ENAGIC® HAS GOOD  
NEWS FOR YOU**



## GOOD NEWS!

You are not stuck with chemical-filled shampoos and conditioners. You can have beautiful, healthy, hydrated hair with Enagic® Beauty Water.

Beauty Water is healthy for your skin and scalp, and can be used to make a chemical-free, all-natural shampoo out of common ingredients already found in your home. Wash and rinse your hair everyday without worrying about the chemical effects on your skin, hair, and the environment.

You can also make your own natural Beauty Water Conditioner. With just three ingredients (Beauty Water, egg yolks, and almond oil), you'll love how clean, moisturized, and beautiful your hair will feel after the first conditioning.

# HEALTHY HAIR WITH ALL-NATURAL BEAUTY WATER



## Beauty Water Conditioner Recipe

### Ingredients.

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1 tsp. Acai Berry Oil or Sweet Almond Oil

1 egg yolk

*1 cup Beauty Water*

### Directions.

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1. Beat the egg yolk until frothy.
2. Add the oil and beat again.
3. Slowly add the yolk mixture to the Beauty Water.
4. Massage into the scalp and rinse well.
5. This is a one-use conditioner and is not meant to be stored.







# GREENER GARDEN, GREENER PLANET WITH KANGEN WATER®

**Gardening** is definitely an earth-friendly activity that's good for your health by providing exercise and helping you to connect with Nature. It can also be a hobby that has a very low impact on the earth. The sustainability of gardening can not be over-stated. When producing our own herbs and vegetables, we help to lessen the needless waste of resources utilized in the transportation of food.

Gardening is great, but gardening with Kangen Water® is better! Just like

your body needs Kangen Water® for ultimate hydration, your plants need this remarkable water for nourishment, hydration, and revitalization. Enagic® water stimulates germination and improves seedling development, leaving your plants in peak condition without the use of harmful chemicals.

And since plants thrive in different soil pH levels, and some soils are already more prone to be alkaline or acidic, the Enagic® machine can produce a water with the exact pH level that your plants need to thrive.

You should first test your soil to see where it falls on the pH scale, and then determine the optimal pH level for each of your plants. Now you can determine if you should water your garden with Neutral Water, slightly alkaline Kangen Water®, or slightly acidic Beauty Water.

You'll notice an astounding difference in your garden after nurturing your plants with the appropriate Enagic® water!



## TIPS FOR MAINTAINING AN ENVIRONMENTALLY RESPONSIBLE GARDEN



Select plants that use the least amount of water, fertilizers, and pesticides.



Preserve existing trees and shrubs.



Compost! 75% of the organic resources we throw in the landfill can actually be composted and put back into the Earth.



Save seeds each year and plant the following season.



Reduce turf grass to encourage diversity in your garden.



Recycle or compost lawn clippings.



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# LIVING WITH ENAGIC® WATER

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***You already know*** that Kangen Water® is an excellent choice for clean, alkaline drinking water. But Kangen Water® is just the beginning. Enagic® water ionizer machines will continuously generate 5 types of healthy, versatile water, each with a very special purpose!

## 5 TYPES OF WATER



### **STRONG KANGEN WATER®, pH 11.0 and higher**

Strong Kangen Water® is not for drinking, but it makes a powerful cleaner and emulsifier! This strong alkaline water can eliminate pesticides and dirt from fresh produce, remove tough stains from clothes, and clean every surface in your home.



### **KANGEN WATER® pH 8.5 - 9.5**

Kangen Water® is slightly alkaline and makes a healthy choice for cooking and drinking. You can use it to brew your favorite tea, draw out the flavors and aromas in soups and stews, water your plants, and clean all your produce.

# 5 TYPES OF WATER



## **NEUTRAL WATER** **pH 7.0**

Neutral Water is free of chlorine, rust, and cloudiness. This water is a delicious drinking water that can be taken with medicine, as it is not as fast absorbing as Kangen Water®. Baby food may also be prepared with Neutral Water.



## **ACIDIC WATER** **pH 4.0-6.0**

Acidic Water is not for drinking, but it is a marvelous choice for gentle toning and beauty care, thanks to its astringent effects. This water is also referred to as Beauty Water, as it can tone and firm your skin, condition your hair, and even shine your beloved pet's fur!



## **STRONG ACIDIC WATER** **pH 2.7 and below**

Strong Acidic Water has excellent disinfectant power! It can kill bacteria on cutting boards, kitchen sinks, countertops, door knobs, and completely disinfect your bathroom! You can also rinse your clean dishes in Strong Acidic Water to sterilize them.

**YOU CAN ALWAYS FIND NEW WAYS TO USE THIS ONE AMAZING PRODUCT.**





# Introducing the Forward-Thinking Enagic® Water-Ionizing Machine

## THE MOST POWERFUL ANTI-OXIDIZER FOR THE HOME

The K8 is without question the best machine for home use! You get 8 powerful solid plates providing all 5 types of water for maximum home versatility and health benefits for your entire family. Generates all 5 types of Enagic® water.

## THE ULTIMATE HOME USE MODEL

The slick and easy-to-use design of the SD501 makes this machine perfect for everyday use. This machine also generates all 5 types of Enagic® water\*.





**LEVELUK SD501  
PLATINUM**

### **THE SD501 PLATINUM**

The SD501 is the finest machine in its class, with the highest quality built-in electrolysis chamber on the market. This is the Platinum version.

### **THE SUPER501**

The SUPER501 is designed for an extended family, as the production rate is much faster than any other machine. It can also be the perfect solution for nursing homes, salons, spas, and agricultural colleges.



**LEVELUK SUPER501**

### **THE SD501U**

If you could use a little more free counter space, this is the perfect unit for your kitchen! With the quality and power of the SD501, but the

convenience of nestling discreetly under your sink.

### **THE JRIV**

The JRIV has four solid electrode plates which reduces the energy consumption. This is a great solution for singles or couples who won't be consuming as much water.

### **THE ANESPA DX**

The ANESPA DX ensures a clean, healthy bath or shower. The NEW exclusive ANESPA DX Home Spa System transforms your ordinary bathroom into a natural hot spring resort.



**LEVELUK SD501U**



**LEVELUK JRIV**



**ANESPA DX**



THE DIFFERENCE IS Enagic®

# A REVOLUTIONARY COMPANY

Enagic® is a privately owned Japanese company that has provided people with clean, alkaline, water-ionizing machines for over forty years.

Since Hironari Ohshiro founded the company in 1974, it has expanded internationally, opening Enagic® USA and offices in 23 countries and 38 locations!

Enagic® stands behind every product, and backs their handmade water-ionizing machines with solid 3 and 5 year warranties. This is a company dedicated to filling the world with wellness, awareness, and cleaner, greener, healthier solutions.

The Enagic® President and CEO, Hironari Ohshiro, is deeply committed to Kangen Water®, as well as environmental issues.



Ohshiro has developed specific guidelines for the needs of the environment and safety for the next generation. It is the greatest hope at the Enagic® company that all employees and business partners uphold the following guidelines:

## ENAGIC® GREEN GUIDELINES

- 1 To secure materials with a low environmental load.
- 2 To reduce, reuse and recycle waste.
- 3 To conserve natural resources and achieve energy-saving efficiency in order to prevent global warming.
- 4 To observe the international laws, regulations, and standards with regard to the environment and safety.
- 5 To raise awareness of environmental and safety issues, whereby environmental and work-related accidents can be prevented.
- 6 To seek continuous improvement, setting environmental goals and objectives upon which regular reports are delivered.



**The Difference  
is Enagic!**



# Kangen Water®

*Change your water - Change your Life!*



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