

Basica® Sports

Recommended daily intake

2 to 4 portions daily.

	100 g		1 portion** 30 g in 500 ml	
Energy	1544 kJ	363 kcal	463 kJ	109 kcal
Fat	0 g	–	0 g	–
of which saturated fatty acids	0 g	–	0 g	–
Carbohydrates	82 g	–	25 g	–
of which sugar	30 g	–	9.0 g	–
Protein	0 g	–	0 g	–
Salt	3.1 g	–	0.94 g	–
Vitamin C	333 mg	416%*	100 mg	125%*
Vitamin B2	6.7 mg	479%*	2.0 mg	143%*
Sodium	1250 mg	–	375 mg	–
Potassium	667 mg	33%*	200 mg	10%*
Calcium	333 mg	42%*	100 mg	13%*
Magnesium	200 mg	53%*	60 mg	16%*
Iron	8.3 mg	59%*	2.5 mg	18%*
Zinc	8.3 mg	83%*	2.5 mg	25%*
Copper	1.7 mg	170%*	0.5 mg	50%*
Molybdenum	83 µg	166%*	25 µg	50%*
Chromium	67 µg	168%*	20 µg	50%*
Selenium	50 µg	91%	15 µg	27%*

*% NRV = percentage of Nutrient Reference Values for daily intake

** 240 g = 8 portions / 660 g = 22 portions

Ingredients

Maltodextrin, sucrose, acidifier citric acid, sodium citrate, potassium citrate, magnesium citrate, calcium carbonate, ascorbic acid, aroma, iron citrate, zinc citrate, selenium yeast, riboflavin, copper citrate, chromium chloride, sodium molybdenum

Basica® Sports TRIPLE Energy

Before exercise:

Maximise your energy reserves!

During exercise:

Maintain your energy levels!

After exercise:

Recharge your batteries!

Within one single drinking solution, the specific formulation of Basica® Sports provides important nutrients for your performance before, during and after exercise.

- Basica® Sports maximises the body's energy reserves before exercise and enhances endurance and energy levels during the entire performance period.
- After exercise, Basica® Sports accelerates recovery with alkaline minerals that counteract acidosis.



Basica® Sports

- Quickly dissolving drinking powder
- Fresh lemon flavour
- To create a hypotonic carbohydrate-electrolyte solution with minerals and vitamins

Questions or feedback?

Find out more about acid-base balance:

www.basica.info



PROTINA

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Pharmacist's stamp



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**Basica®
SPORT**

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Basica® Sports TRIPLE Energy

Sports is ideal for staying fit and alleviating stress. People who exercise regularly require endurance during their performance and wish to recover quickly afterwards. Basica® Sports' drinking solution perfectly fulfills these demands and provides athletes with optimal support during training and in competition.



Before exercise:

Maximise your body's energy reserves in preparation for performance.

During exercise:

Top up your energy levels to sustain endurance and overall performance.

After exercise:

Replenish your energy reserves and accelerate recovery with alkaline minerals.

Triple energy
3

Enhances endurance and energy levels during the entire performance period

Basica® Sports provides the body with an optimal combination of carbohydrates and electrolytes. Especially during extended endurance trainings, Basica® Sports helps to maintain performance levels and enhances fluid absorption.

Carbohydrates in the form of sucrose are rapidly absorbed by the body and quickly released to the muscles. Prior to exercise, this maximises the body's energy reserves. Maltodextrin is absorbed more slowly and provides a continuous supply of energy without peaks in blood sugar levels. Basica® Sports therefore supplies energy to muscles, brain and nerves during exercise.

Already during training, the electrolytes in Basica® Sports compensate for losses that result from sweating. In addition, calcium, copper and vitamin B2 support the energy metabolism. Athletes enjoy endurance and energy for the duration of the performance phase.



Accelerates recovery after exercise

Athletes lose fluid and minerals as a result of sweating. Simultaneously, acid levels increase in the metabolism and the muscles due to physical exertion. This leads to decreasing strength and to muscle cramps, which can increase the risk of injury.

Therefore, particularly after intensive training, the supply of carbohydrates* and minerals is important for the muscles' recovery: Basica® Sports delivers alkaline minerals that counteract acidosis. Zinc is involved in the regulation of the acid-base balance, while magnesium and potassium support a healthy muscle function. In addition, vitamin C and selenium help to sustain a healthy immune system.

This is how Basica® Sports accelerates recovery after exercise and creates optimal conditions for the next performance phase.

**During the first 4–6 hours after training, an overall intake of 4 g per kilo of body weight is recommended.*

