

Basica®

Compact Alkaline tablets

Thank you for choosing Basica® Compact, a German quality product. With almost 100 years of experience, Basica® Compact is continuously adapted to the latest scientific nutritional findings. It is produced and controlled according to the highest scientific and quality standards which you can rely on every day.

Basica® Energy Diet Acid reduction – noticeable energy

A stable acid-base balance and a functioning energy metabolism are important conditions for vitality and performance.

In our stressful everyday life, time often lacks to maintain the well-balanced nutrition the body needs in order to neutralize acid.

Basica® Compact supplies the body with alkaline minerals and valuable trace elements:

- **Zinc contributes to normal acid-base metabolism and is important for a normal cognitive function.**
- **Magnesium and iron help to reduce tiredness and fatigue.**
- **Calcium, magnesium and copper support the normal energy-yielding metabolism.**



Excess acid caused by unbalanced nutrition

According to proven nutritional findings, a high consumption of meat, cheese and cereals delivers excess acid. A sufficient consumption of fruits or vegetables provides alkaline minerals in order to neutralize acid.

Insufficient supply of minerals

Tiredness, fatigue and decreasing cognitive functions can be the first signs of a lack of alkaline minerals and micro-nutrients in the body. Diets and fasting periods can also cause a deficiency in mineral supply.

Noticeable energy with Basica®

Basica® Compact provides your body with alkaline minerals in the form of organic mineral compounds and valuable trace elements. Zinc contributes to normal acid-base metabolism. Magnesium helps to reduce tiredness and fatigue. The combination with calcium supports the energy-yielding metabolism. Additionally, zinc contributes to a normal cognitive function.

Important information

How to further activate your metabolism with Basica® energy diet:

- **Daily exercise, for example running, cycling or Nordic walking. Sweating once in a while is good for circulation and activates your metabolism.**
- **Try to relax consciously every day. Breathing exercises, yoga or a relaxing bath help to reduce stress.**
- **Drink at least 2 litres of mineral water, unsweetened fruit juice spritzers or – for a change – herbal or fruit tea a day. An extensive supply of fluid is necessary to excrete acid more easily via the kidneys.**

Basica® Energy Diet
Acid reduction – noticeable energy

Product information Basica® Compact

- Small tablets – easy to swallow
- Sugar free and without sweeteners
- Gluten and lactose free

Information for diabetics:

1 daily dose (6 tablets) contains < 0.1 CU

Packaging sizes:

120 tablets / 360 tablets

1 daily dose (6 tablets) contains: % NRV*

Calcium	350 mg	44 %
Magnesium	120 mg	32 %
Zinc	5 mg	50 %
Iron	5 mg	36 %
Copper	1000 µg	100 %
Molybdenum	50 µg	100 %
Chromium	40 µg	100 %
Selenium	30 µg	55 %

* Nutrient Reference Value according to EU-regulation

Recommended daily intake: 6 tablets

Take 3 tablets in the morning and 3 in the evening with liquid.

Can be taken independently from meals.

The daily portion of 6 tablets can be also taken at once. In this case we recommend to take them after a meal.

Basica® Compact can be taken daily, without any time restriction.

Ingredients:

Calcium citrate, maltodextrin, magnesium hydroxide, magnesium citrate, bulking agent hydroxypropyl cellulose, anticaking agent crosslinked sodium carboxy methyl cellulose, zinc citrate, ferrous citrate, sodium citrate, cupric citrate, chromium chloride, sodium molybdate, sodium selenite, anti-caking agents magnesium salts of fatty acids and silicon dioxide.

Basica® product portfolio



For dissolving

Basica® Vital pure

Alkaline powder quickly soluble in water or juice (20 sachets / 50 sachets)



For mixing

Basica® Vital

Alkaline granules easy to mix when cooking or baking (200 g / 800 g granulate)



For swallowing

Basica® Compact

Convenient alkaline tablets while at home or travelling (120 tablets / 360 tablets)



For direct intake

Basica® Direct

Alkaline granules for direct use without water (30 sachets / 80 sachets)



To drink

Basica® Instant

Quickly dissolving alkaline drinking powder with fruity orange flavour (300 g powder)



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