

# Basica®

**Instant**  
Alkaline drinking powder

Thank you for choosing Basica® Instant, a German quality product. With almost 100 years of experience, Basica® Instant 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® Instant 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 helps 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 micronutrients in the body. Diets and fasting periods can also cause a deficiency in mineral supply.

### Noticeable energy with Basica®

Basica® Instant 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® Instant

- Quickly dissolving drinking powder with fruity orange flavour
- Gluten and lactose free

## Information for diabetics:

The product contains sucrose (0.8 CU per day)

We recommend Basica® Compact, Basica® Direct and Basica® Vital pure.

## Packaging size:

300 g alkaline drinking powder

1 daily dose (15g) contains:		% NRV*
Calcium	350 mg	44%
Magnesium	120 mg	32%
Sodium	125 mg	—
Zinc	5 mg	50%
Copper	1000 µg	100%
Molybdenum	50 µg	100%
Chromium	40 µg	100%
Selenium	30 µg	55%
Vitamin C	80 mg	100%
Vitamin B2	1,4 mg	100%

\*Nutrient Reference Value according to EU-regulation

## Recommended daily intake:

Dissolve two measuring spoons (15 g) in a glass (250 ml) of water and drink it once a day.



Put alkaline drinking powder in a dry glass



Fill up with still water



Stir the mixture until dissolved

Can be taken independently from meals. The quantity of water can be adjusted to attain a more intense flavour and sweetness.

Basica® Instant can be taken daily, without any time restrictions.

## Ingredients:

Sucrose, acid citric acid, maltodextrin, calcium carbonate, magnesium carbonate, magnesium citrate, potassium citrate, sodium bicarbonate, sodium citrate, ascorbic acid, orange flavour, zinc citrate, cupric citrate, riboflavin, chromium chloride, sodium molybdate, selenium enriched yeast

## 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)



**PROTINA**  
PHARMA · NUTRITION

Protina Pharm. GmbH  
D-85737 Ismaning

## Contact

Phone: +49 89 99 65 53 0

Fax: +49 89 96 34 46

international@protina.de

[www.basica.com](http://www.basica.com)