

Thank you for choosing Basica® Vital pure, a German quality product. With almost 100 years of experience, Basica® Vital pure 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® Vital pure 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 and magnesium 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 basic minerals in order to neutralize acid.

### Insufficient supply of minerals

Tiredness, fatigue and decreasing cognitive functions can be the first signs for 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® Vital pure 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® Vital pure

- Pure alkaline minerals – no additives
- For dissolving in water or juice
- For mixing into cold and hot meals
- Without sugar, flavours and sweetener
- Gluten and lactose free
- Suitable for vegans

## Information for diabetics:

1 daily dose (2 sachets) contains < 0.1 CU

## Packaging sizes:

20 sachets or 50 sachets

1 daily dose (2 sachets) contains:		% NRV*
Calcium	550 mg	69 %
Magnesium	150 mg	40 %
Sodium	375 mg	—
Potassium	350 mg	18 %
Zinc	5 mg	50 %
Molybdenum	50 µg	100 %
Chromium	40 µg	100 %
Selenium	30 µg	55 %

\* Nutrient Reference Value according to EU-regulation

## Recommended daily intake:

- Dissolve contents of one sachet 2x daily (in the morning and in the evening) in 250 ml water or juice.
- Can also be mixed into cold or hot meals.
- Basica® Vital pure can be taken daily, without any time restriction.



## Ingredients:

Calcium lactate, sodium citrate, potassium citrate, magnesium citrate, zinc citrate, chromium chloride, sodium molybdate, sodium selenate.

## 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 bakings (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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