

**Your acid-base guidebook**



# **Basica<sup>®</sup> Energy Diet**

**Acid reduction –  
noticeable energy**

**Basica<sup>®</sup>**



## **Noticeably more energy with the Basica® Energy Diet**

Tired? Less concentration? Lack of energy?

A good acid-base balance and a functioning energy metabolism are important factors for vitality and performance. Stress and the wrong nutrition often lead to excess acid, which needs to be neutralised by the body. Alkaline minerals and useful trace elements in Basica® stabilise the acid-base balance, contribute to mental vitality and reduce tiredness and fatigue. Basica® supports your energy metabolism and thus provides energy and new vigour.

**This brochure helps you to make your Basica® Energy Diet a success.**

**Basica®**

## **Excess acid caused by an imbalanced diet**

Do you sometimes feel tired, nerveless and imbalanced? It is possible that your body is strained by excess acid.

Besides physical and emotional strains as well as hectic and stress, the causes mainly are nutritional. Due to the excessive consumption of acid-producing foodstuffs (mainly meat, sausage, cheese and bakery products) and at the same time too little supply of alkaline fruit and vegetables, our body is strained by acid.

In order to degrade the acid which accumulates every day, the body needs alkaline minerals. If there is a lack, an acidosis of the body can be the long-term effect. Increased sensitivity to stress, fatigue and decreasing concentration are the consequences.



# The Basica® Energy Diet neutralises excess acid

Straining acid can be neutralised and excreted by supplying bases.

Bases in form of organically bound minerals like they can be found in fruit and vegetables are optimal available for the body. Acid is neutralised by degradation of these organic minerals.

You supply plenty of alkaline minerals and trace elements with the Basica® Energy Diet and thereby relieve your body from excess acid. Nutritionists recommend a diet over a period of several weeks until the excess acid is neutralized and the acid-base balance is stable again.

## By the way!

It is a mistake to believe that foodstuff which tastes sour is acid-producing. This is by no means the case. The reason is simple: The gustative nerves on our tongue only react to sour but not to alkaline. Fruit that tastes sour, like citrus fruit, contains an extra large amount of organically bound minerals and thereby supports the acid-base balance.

# These things lead to an excess of acids

## ■ Wrong nutrition and unbalanced diets

Too much meat, sausage and cheese lead to acidosis. People often forget that bread and bakery products, too, are acid-producing foodstuffs and therefore contribute to an excess of acids in our body.

An imbalanced diet of canteen food, fast food and not enough fresh fruits and vegetables results in a lack of alkaline minerals needed to compensate acidosis. Diets for weight reduction also lead to an increased acidosis.

## ■ Stress, strains and little exercise

Due to stress, hectic, physical and emotional strains, an increased amount of acid is produced in the body. Little exercise decelerates the excretion of excess acid.



## These can be indicators of an acidosis

An excess of straining acid can remain undetected for a long time. The following problems can be indicators of a long-term acidosis:

- Fatigue and exhaustion
- Reduced performance
- Increased sensitivity to stress
- Nervousness
- Decreasing concentration
- Reduced immune resistance
- Muscle and joint ailments
- Transformation of skin, hair and nails

### **Losing weight with the Basica® Energy Diet:**

Due to the degradation of fat reserves during a conventional diet, an increased amount of acid is produced which strains the body. Too much acid can reduce the performance of the metabolism and thereby the degradation of fat. The consequence: Weight is not reduced at all or only very slowly. Therefore you should also supply alkaline minerals and trace elements while losing weight.

# Active acid reduction supports health

## ***Alkaline minerals can support bone health.***

Excess acid leads to the release of alkaline minerals from the bone. Additionally, chronic acidosis inhibits the building of bones. Bone substance can be strengthened by active acid reduction. Calcium and magnesium help to maintain healthy bones.

## ***Alkaline minerals can positively influence tensions and joint ailments.***

Excess acid is stored temporarily in the connective tissue and thereby impairs its elasticity. The connective tissue can regenerate with the help of active acid reduction and can thereby support the mobility of joints and muscles. Magnesium plays a part in muscle function, and copper maintains connective tissue.

## ***Alkaline minerals can support the texture of the skin.***

Acidosis leads to modified water retention in the connective tissue. The loss of elasticity and the limited functioning caused by this can cause a transformation of texture in the connective tissue, which shows itself as cellulite, especially with women. Active acid reduction can positively influence the texture of the skin. Zinc helps the skin to remain normal and works with selenium to support the structure of hair and nails.

# How can you recognise acidosis?

You can use this questionnaire to determine if your diet and lifestyle could lead to acidosis.

	yes	no
1. Do you often eat ...		
bread	<input type="checkbox"/>	<input type="checkbox"/>
pasta or rice	<input type="checkbox"/>	<input type="checkbox"/>
cheese	<input type="checkbox"/>	<input type="checkbox"/>
yoghurt or curd	<input type="checkbox"/>	<input type="checkbox"/>
sausage or ham	<input type="checkbox"/>	<input type="checkbox"/>
meat	<input type="checkbox"/>	<input type="checkbox"/>
fish	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you eat little ...		
fruit	<input type="checkbox"/>	<input type="checkbox"/>
vegetables	<input type="checkbox"/>	<input type="checkbox"/>
salad	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you drink lemonades, Coke, alcoholic beverages?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you regularly diet to loose weight?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you often feel stressed?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you often tired and without energy?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you find it difficult to concentrate and are you nervous?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you have muscle pains or joint pains?	<input type="checkbox"/>	<input type="checkbox"/>

## Evaluation of the questionnaire on diet and lifestyle

If you have ticked “yes” more than 5 times, this can be an indication of chronic acidosis

# Alkaline nutrition supports the Basica<sup>®</sup> Energy Diet

Acidosis is often due to wrong nutrition which supplies too much acid but lacks alkaline minerals.

Alkaline			
	Slight	Medium	Strong
<b>Vegetables and salad</b>	(iceberg) lettuce, cucumber, aubergine, courgette, broccoli, Brussels sprouts, mushrooms, cauliflower, tofu, bell pepper, tomatoes, asparagus, potatoes, celery, leek, sauerkraut, radish	field salad, arugula, fennel, borecole, carrots, kohlrabi, cellery	spinach
<b>Fruits</b>	apples, pears, peaches, cherries, strawberries, mango, grapes, kiwi, oranges, lemons, grapefruit, pineapple, watermelon	bananas, apricots, black currants	dried raisins and figs
<b>Spices</b>	cider/wine vinegar, lime juice, garlic, onions		
<b>Drinks</b>	mineral water, fruit/vegetable juices, coffee, herbal tea, soy milk, red/white wine		

## Acid-producing

	Slight	Medium	Strong
<b>Bread and grain products</b>	rye bread, crispbread, corn	whole grain bread, spelt, cornflakes, rusk, spaetzle, egg-based noodles	oat flakes, rice
<b>Milk products and eggs</b>	buttermilk, cream cheese, yoghurt, milk, cream	egg	curd, hard cheese, parmesan, camembert, soft cheese
<b>Meat and sausage</b>		pork sausage, Vienna sausages, ham sausage, beef, pork, poultry, veal, lamb	goose, rabbit, corned beef, liver (sausage), salami
<b>Fish and seafood</b>		herring, codfish, carp, salmon, redfish, Dover sole, zander	sardines, trout, smoked eel, crabs, mussels
<b>Drinks</b>	coke		

The classification refers to 100 g. According to current knowledge of nutritionists, **sugar, fats and oils** are to be classified as neutral foodstuffs.

# This is how you do the Basica® Energy Diet

To relieve your body from straining acid nutrition experts recommend a diet for a longer period of time. 2–3 months are recommended until the body has neutralised and excreted straining acid.

**The cure can consist of three building blocks:**

- 1.** Right nutrition
- 2.** Regular intake of Basica®
- 3.** Activation of the metabolism



## **1.** Right nutrition

An important component of the Basica® Energy Diet is alkaline nutrition. To achieve long-term success with the Basica® Energy Diet, it is important to switch your daily intake to alkaline nutrition. Most importantly, this means plenty of fruit, vegetables and salads. For alkaline nutrition, you do not have to do away with meat, fish, dairy products, bread and baked goods. The important thing is to strike a balance.

As a guideline for alkaline nutrition, half the food on your plate should be salad, vegetables and fruits. Lamb's lettuce, rocket, fennel and carrots are particularly well suited for alkaline nutrition. Bananas and apricots make for ideal snacks. Dried fruit and fruit juices also support alkaline nutrition.

Acid-producing food must be reduced for alkaline nutrition. However, it is not necessary to do away with them entirely for alkaline nutrition. All food that is rich in protein is acid-producing: meat, fish, sausage, cheese, bread and baked goods. This is because protein is made up of amino acids containing sulphur and phosphate, which create acids when broken down. Food that creates few acids is sensible for switching to an alkaline diet.

*You can see what food is acid-producing or alkaline on pages 10 and 11.*

## **2. Neutralise your body with Basica®**

An additional building block of the diet is the regular intake of Basica®. You supply your body with a lot of alkaline minerals and trace elements with the Basica® Energy Diet.

Your body needs alkaline minerals in order to neutralise acids. Your body uses these alkalis to regulate its acid-base balance. An important element for this is zinc. Basica® provides your body with zinc and alkaline minerals. Paired with alkaline nutrition, Basica® thus aids neutralisation and provides energy and new vigour.

You have a great choice of different products with Basica®. Therefore you can choose “your” product that fits you best. You can find all Basica® products on the last page.



### 3. Activation of the metabolism

It is important to activate your metabolism in order to have a successful Basica® Energy Diet. The best way to achieve this is with the right amount of exercise, relaxation and a sufficient supply of fluid.

**The following tips will help you to activate your metabolism.**

-  Daily exercise, for example running, cycling or a brisk walk. Sweating once in a while is good for circulation and activates the metabolism.
-  Swimming regularly is ideal for circulation and at the same time relieves the joints. A sudorific sauna session after swimming stages and care for the right proportion of relaxation.
-  Try to relax consciously every day. Continuous stress strains the metabolism and furthers an excess of acids. 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.
-  Prepare a small portion of fruits and vegetables for the day in the morning. This way, you can avoid unhealthy snacks when you get hungry.
-  Take time for eating, because the feeling of satiety only arises after approximately a quarter of an hour. This way, you can avoid eating too much and at the same time you learn to enjoy your meal more consciously.

# Frequently asked questions

## ➔ What makes Basica® special?

*The suppliers of bases in all Basica® products are organic minerals as citrate compounds. These special organic minerals are only absorbed in the small intestine and have a very good bioavailability. The citrate compounds can neutralise straining acid in the metabolism and stabilise the acid-base balance in the body again.*

## ➔ When should I take Basica®?

*You can take all Basica® products independently of meals. It does not matter whether you take Basica® with meals, before or after. In contrast to preparations with bicarbonates, Basica® has no influence on the stomach because it is directly absorbed in the small intestine.*

## ➔ How long can I take Basica® products?

*All Basica® products can be taken infinitely in the recommended daily dose. If excess minerals and trace elements are supplied, these are excreted via the kidneys without problems if your kidneys are functioning normally.*

## ➔ Are Basica® products suitable for children, too?

*Basica® Direct is not suitable for children under 12 years of age. All other Basica® products are suitable for children aged 4 and over. The daily serving for children is half of the corresponding recommended daily intake for adults.*

*People 12 years and older can take the specified recommended intake.*

# Questions and answers

## ➔ How can I determine the acid-base-status?

*The pH-value of the urine is not suitable for making conclusions about the current acid-base-status with the help of a one-time measurement. This is due to its common physiological fluctuations between pH 5 and 8.*

*The only significant indicators are the net acid excretion in a urine sample collected over 24 hours or the buffer capacity of your red blood cells.*

*These tests can only be carried out in special laboratories by order of a doctor or a non-medical practitioner.*

***You can use the questionnaire on page 9 to determine whether your diet and lifestyle could lead to acidosis.***



**Basica®**

## For a sensible diet



### Basica® Vital pure Alkaline powder

Quickly soluble in  
water or juice

*20 sachets / 50 sachets*

### Basica® Vital Alkaline granules

Easy to mix when cooking  
or baking

*200 g / 800 g*

<b>RDA</b>	2 sachets	2 x 16 g
<b>Lactose free</b>	✓	contains milk sugar (lactose)
<b>Sugar free</b>	✓	✓
<b>Without sweeteners</b>	✓	✓
<b>Gluten &amp; iodine free</b>	✓	✓
<b>Taste</b>	tasteless	tasteless
<b>Energy (per daily dosage)</b>	16 kcal / 70 kJ	111 kcal / 471 kJ
<b>For diabetics</b>	< 0,1 CU	2 CU

Easy to go



**Basica® Compact**  
Alkaline tablets  
Convenient intake while  
at home or travelling

120 tablets / 360 tablets

2 x 3 tablets



tasteless

6 kcal / 25 kJ

< 0,1 CU

For an active life



**Basica® Direct**  
Alkaline granules  
For direct intake without  
water

30 sachets / 80 sachets

2 sachets



with sweetener sorbitol



fresh lemon

11 kcal / 49 kJ

0,2 CU

Fruity flavour



**Basica® Instant**  
Alkaline drinking  
powder  
Easy to dissolve

300 g

1 x 15 g



with saccharose



fruity orange

49 kcal / 208 kJ

0,8 CU

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## Questions or suggestions?

At [www.basica.info](http://www.basica.info) you can find:

- Useful information on the topic of acid-base balance
- Product information for the Basica® product line
- Interactive acid-base calculator for food
- Online test on nutrition and lifestyle

Our advisory service would be happy to help you.



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