



# BASICA®. BALANCE FOR MY PERFORMANCE



## BASICA® SPORT

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For performance\*  
and regeneration\*\* in sport.

# BASICA® STANDS FOR BALANCE.

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For almost a century, we have been helping people live life in balance. Through research and experience, we know how important the acid-base balance is for fundamental metabolic processes and hence for overall well-being. We are constantly refining this knowledge and channelling it into all our products.

But because each person and each life is unique, we have developed more than one Basica®: Thanks to our large product range, you can find the Basica® that matches your individual needs. That way, you are sure to soon discover your own inner balance.

## WELCOME TO PERFORMANCE\* IN SPORT:

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A healthy and balanced metabolism is an important prerequisite for physical performance in sport. This knowledge is at the heart of Basica® Sport, our answer to the high performance expectations of today's athletes.

Sport provides an ideal counterbalance to daily work routines and prevents stress. But we should always make sure we give back to our body what we demand from it. Those who play sport regularly need endurance while playing, and they want to regenerate quickly afterwards.



## ENDURANCE AND ENERGY for the duration of your physical activity.

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The balanced formula is based on current nutritional science findings and is tailored to the holistic needs of athletes, delivering key performance-relevant nutrients before, during and after sport.

The carbohydrate-electrolyte solution contributes to the maintenance of endurance performance and enhances the absorption of water.

Carbohydrates in the form of sucrose are quickly absorbed by the body, so they are immediately available to the muscles. This enables the body's energy reserves to be replenished before sport. Meanwhile, the maltodextrin is absorbed more slowly, ensuring a uniform supply of energy with no blood sugar spikes.

The electrolytes in Basica® Sport offset what the body loses due to sweating during sport. In addition, calcium, copper and vitamin B<sub>2</sub> support the energy-yielding metabolism, and magnesium contributes to normal muscle function.



## REGENERATION AFTER SPORT.

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The physical exertion in the metabolism and in the muscles increases acid production. This, in turn, causes muscle tension and a loss of strength.

That is why, especially after intensive exercise, it is particularly important to supply the body with minerals and carbohydrates<sup>1)</sup> to regenerate the muscles. Carbohydrates contribute to the recovery of normal muscle function after highly intensive physical exercise has led to depletion of glycogen stores in skeletal muscle.

In this way, the carbohydrates in Basica® Sport support regeneration after sport and ensure optimum conditions for the next round.

<sup>1)</sup> A total of 4 g of carbohydrates per kg body weight are to be supplied within 4–6 hours after exercise.



# BASICA<sup>®</sup> SPORT'S SPECIAL FORMULA.

Basica<sup>®</sup> Sport offers what ambitious athletes need: a beneficial hypotonic carbohydrate-electrolyte solution with minerals and vitamins. The \*carbohydrate-electrolyte solution contributes to the maintenance of endurance performance and enhances the absorption of water.

Basica<sup>®</sup> Sport's special formula delivers key performance-relevant nutrients before, during and after sport – all in a single sports drink.

## ALKALINE MINERALS (ELECTROLYTES):

Magnesium and potassium contribute to normal muscle function. Calcium supports the energy-yielding metabolism, zinc the acid-base metabolism.

## VITAMINS AND TRACE ELEMENTS:

Vitamin C and selenium contribute to healthy functioning of the immune system, while vitamin B<sub>2</sub> and copper support the energy-yielding metabolism.

## \*\*CARBOHYDRATES:

These contribute to the recovery of normal muscle function after highly intensive physical exercise has led to depletion of glycogen stores in skeletal muscle. A total of 4 g of carbohydrates per kg body weight are to be supplied within 4 – 6 hours after exercise.

The alkaline drinking powder Basica<sup>®</sup> Sport contributes to endurance\* and regeneration\*\*, offering you optimum support during training and competition.



# BASICA<sup>®</sup> SPORT.

Fast-dissolving drinking powder for athletes to prepare a hypotonic carbohydrate-electrolyte solution with minerals and vitamins. With fresh citrus flavour.

## TO PREPARE:

For 1 serving, dissolve the contents of 5 sachets (= 30 g) in 500 ml of water.



Pour the drinking powder into a container.



Add still water.



Shake as needed. Done.

## RECOMMENDED INTAKE:

2 to a maximum of 4 servings per day.

Drink before, during or after sport depending on the intensity and duration of activity.



NUTRIENTS	PER SERVING (500 ML)	
	PER 100 G / % NRV	5 SACHETS (30 G)
Energy	1544 kJ / 363 kcal	463 kJ / 109 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrates	82 g	25 g
of which sugars	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 B <sub>2</sub>	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 = % nutrient reference values for daily intake in accordance with EU regulations.

## INGREDIENTS:

Maltodextrin, sucrose, citric acid (acid), sodium citrate, potassium citrate, magnesium citrate, calcium carbonate, ascorbic acid, flavouring, ferrous citrate, zinc citrate, selenium enriched yeast, riboflavin, cupric citrate, chromium chloride, sodium molybdate.

# SUPPORT FOR YOUR DAILY ACID-BASE BALANCE.

In an ideal world, we would always be able to maintain a varied and balanced diet, packed with fresh fruit and vegetables. But in the modern world, sticking to such a diet is a challenge – whether because we lack the time to carefully select and prepare the right foods, because we have

intolerances to certain foods or simply because of the many temptations of “unhealthy” options. Incorporating Basica® into your diet can help offset these nutritional shortfalls.

Each person and each life is different. That is why we have developed more than one Basica®: Thanks to our large product family, you can find the Basica® that matches your individual needs. That way, you are sure to soon discover your own inner balance.

Discover your Basica® at [www.basica.com](http://www.basica.com)

## BASICA® VITAL

Alkaline granules  
To stir into meals and use  
in cooking and baking.

## BASICA® INSTANT

Alkaline drinking powder  
Quick-dissolving and with  
a fruity orange flavour.

## BASICA® PURE

Pure alkaline powder  
Dissolves in water or juice.



## BASICA® DIRECT

Alkaline direct granules  
Conveniently taken without water.  
Ideal for work and travel.

## BASICA® COMPACT

Alkaline tablets  
Practical daily serving taken  
at home or on the go.

Basica®.

The German original – The trusted choice of generations.

## QUESTIONS OR FEEDBACK?

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

- Interesting facts about the acid-base balance
- Product information about the Basica® range
- Our interactive acid-base test



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