

# Basica®

## *Compact* Alkaline tablets

Thank you for purchasing 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 examined 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 which 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 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, nutrition with a high consumption of meat, sausage, cheese and cereals delivers an excess of acid. A sufficient consumption of fruits or vegetables provides alkaline minerals in order to neutralize acid.

### Lacking supply of minerals

Tiredness, fatigue and decreasing cognitive functions can be the first signs of a lack of minerals and micronutrients 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 micronutrients. 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 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	1 mg	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, bulking agent hydroxypropyl cellulose, magnesium citrate, magnesium oxide, anti-caking 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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