

Basica®

FOR INNER BALANCE*

Compact



Alkaline tablets

WELCOME TO YOUR WELL-BEING.

We are delighted that you have chosen to add Basica® to your life. For almost a century, we have been helping people feel better by maintaining the body's acid-base balance. In all that time, we have not changed the guiding principle of Basica®, but we have been continuously improving our products. In addition to decades of experience, our recipe for success is based on ongoing scientific research into nutrition.

We are confident that you will feel the benefits of the alkaline minerals Basica® contains – a healthy gut, a clear mind and inner balance*. Over time, perhaps you will experience the new level of general well-being shared by so many of our satisfied customers – or as we call it: the Basica® feeling.



WE HELP YOU KEEP YOUR INNER BALANCE*.

Everyday life is stressful, and we are often too busy to maintain a balanced diet, get enough exercise or take a rest. In turn, this can affect our acid-base balance – tipping the scale the wrong way. This is where Basica® comes in, because its alkaline minerals not only aid our acid-base balance and metabolism, they also help us maintain our physical and mental equilibrium.

SPECIAL FORMULA, MULTIPLE BENEFITS: BASICA®.

What is special about Basica® is its formula. Its carefully chosen minerals and trace elements have various positive effects on body and mind:

- * Zinc contributes to a normal acid-base metabolism and a regular carbohydrates and fatty acids metabolism.
- * Magnesium reduces tiredness and fatigue and maintains a healthy psychological function. Together with calcium, it contributes to a normal energy-yielding metabolism.
- * Chromium supports a normal macronutrient metabolism while molybdenum supports the sulphur amino acid metabolism.

KEEP YOUR BALANCE: WITH AN ALKALINE DIET.

There is simply no substitute for a healthy and varied diet. But the rigours of everyday life can make it really hard to maintain one. Consuming too high a proportion of protein-rich foods – such as meat and meat products, fish, cheese, eggs, dairy products and cereals – can cause an acid-base imbalance in the body. These ought to be balanced out by alkaline foods like fruit, salad and vegetables.

You can find more information about acid-producing and alkaline foods in the Basica® Food Table, which you can download at www.basica.com. Adding Basica® to your diet can help you maintain or regain your inner balance.

HOW TO KEEP YOUR BALANCE: TIPS FOR ENHANCING YOUR WELL-BEING.

The basic elements in maintaining a state of general well-being are a balanced diet and an active lifestyle – and we want to help you: Learn more about diet and nutrition, how exercise aids your energy metabolism, and many more aspects that contribute to overall well-being by visiting www.basica.com.

BASICA® COMPACT PRODUCT INFORMATION

- Small, easy-to-swallow tablets
- Free of sugar, sweeteners, lactose and iodine
- Gluten free
- Vegan

INGREDIENTS:

Calcium citrate, maltodextrin, magnesium hydroxide, magnesium citrate, hydroxypropyl cellulose (bulking agent), cross-linked sodium carboxymethyl cellulose (anti-caking agent), zinc citrate, ferrous citrate, sodium citrate, cupric citrate, chromium chloride, sodium molybdate, sodium selenite, magnesium salts of fatty acids and silicon dioxide (anti-caking agents).

Do not exceed the stated recommended daily dose.

Food supplements should not be used as a substitute for a varied, balanced diet and a healthy lifestyle.

Keep out of reach of children.

FOOD SUPPLEMENT

6 TABLETS OF BASICA® COMPACT

CONTAIN:		% 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 %

% NRV = % nutrient reference values for daily intake in accordance with EU regulations.

RECOMMENDED INTAKE:

6 tablets daily: 3 tablets mornings and evenings taken with water.

Can be taken independently of meals.

The daily serving of 6 tablets can also be taken as a single serving. In such cases, take directly after a meal.

Basica® Compact can be taken daily for an unlimited period.

INFORMATION FOR DIABETICS:

1 daily serving (6 tablets) is equivalent to 0.1 CU.

Available in 2 pack sizes:

120 tablets / 360 tablets



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Visit our website:
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