

WELCOME TO A NEW LEVEL OF WELL-BEING.

Welcome to Basica®.

We are all seeking balance, equilibrium and overall well-being in our lives. To achieve these, we should not only follow our mind, but also listen to our gut feeling. Maintaining an alkaline-rich diet plays a key role here.

Use the food table on the reverse to judge for yourself whether the many foods listed have an acid-producing or alkalisng effect on your acid-base balance. The table is based on the PRAL Model (PRAL = Potential Renal Acid Load), which is recognized as the standard in nutrition science worldwide.

Foods with a negative value (in milliequivalents per 100 g) have a base-producing effect; foods with a positive value have an acid-producing effect.

FUNDAMENTALS OF OUR INNER BALANCE.

To effectively regulate all our body's biochemical processes, we need to ensure that our cells receive the right ratio of acids to bases.

Each metabolic process is controlled by enzymes, but these work most effectively only under certain conditions. One such condition is the pH value, which indicates the concentration of acids and bases. This is why the body keeps the pH value within each cell, the surrounding tissue, our organs and especially in our blood within a defined narrow range.

So our acid-base balance is an important precondition for many metabolic processes, such as converting the nutritional components protein, fat and carbohydrate into the building blocks of new cells as well as into energy.

To ensure our metabolism works smoothly, our bodies require a constant supply of alkaline minerals, which we get from food. This highlights the importance of nutrition in achieving and maintaining our acid-base balance.

If you would like to find out more about keeping your inner balance, please visit www.basica.com

AN ALKALINE-RICH DIET:

Enjoy achieving equilibrium.

What we eat influences our acid-base balance. Today, many people consume a lot of high-protein, acid-producing foods such as meat and meat products, fish, cheese, eggs, dairy products and cereals. But you do not have to avoid these foods entirely. What counts is that you also consume enough alkaline foods.

A good rule of thumb is for half of what is on your plate to be salad, vegetables and fruit. This includes fruit juice and dried fruits.

It is important that we enjoy what we eat. Keeping your balance can even lead you to discover new pleasures, like fresh herbs, new spices and seasonal vegetables.

TIP

Drinking enough every day helps you maintain your acid-base balance. And there are plenty of options to choose from, including unsweetened fruit drinks, fruit teas and herbal teas.

FINDING A NEW BALANCE THROUGH BASE FASTING.

To achieve an acid-base balance, nutritional experts recommend occasional base fasting, which involves purposely avoiding acid-producing foods for a certain period.

But no need to worry, base fasting has nothing to do with starving yourself. Instead, it is about deliberately choosing to eat predominantly alkaline foods.

Lamb's lettuce, rocket, fennel, carrots, potatoes, mushrooms, fruits, nuts and herbs are particularly suitable for base fasting.



BALANCE SOME-TIMES NEEDS A LITTLE HELP.

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.

Basica® contains carefully selected minerals and trace elements:

- Zinc contributes to a normal acid-base balance 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

TIP

If your diet is designed to help you lose weight, it also makes sense to add in alkaline minerals. Especially when on a weight-loss diet, your body needs these because using up fat stores increases the production of keto acids. Too much acid can make it harder to break down fats, resulting in weight loss happening only very slowly, if at all.

PUT YOUR LIFESTYLE TO THE TEST.

We want to help you keep your balance. So put your lifestyle to the test: With the help of this questionnaire, you can quickly find out whether your acid-base balance is still intact.

1. Do your meals often contain ...	Yes	No
Bread	<input type="checkbox"/>	<input type="checkbox"/>
Pasta and rice	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>
Yogurt or quark	<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 low amounts of ...	Yes	No
Fruit	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>
Salad	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you consume fizzy drinks or alcoholic beverages?	Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you often on a diet?	Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you often feel stressed?	Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you often tired and lacking energy?	Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you feel tense and have trouble concentrating?	Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you get too little exercise?	Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORE:

If you answered more than 5 questions with “yes”, this may indicate that your acid-base balance is not as it should be.

FIND YOUR INNER BALANCE.

BASICA® VITAL

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



BASICA® COMPACT

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

BASICA® PURE

Pure alkaline powder
Dissolves in water or juice.



BASICA® DIRECT

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

BASICA® INSTANT

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

BASICA® VITAL

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



BASICA® DIRECT

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

Basica®. The German original – The trusted choice of generations.

QUESTIONS OR FEEDBACK?

- Visit www.basica.com for
- Interesting facts about the acid-base balance
- Product information about the Basica® range
- Our interactive acid-base test

Our customer service team will be happy to advise you.



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FOOD TABLE FOR
ACID-BASE BALANCE

Basica®

FOOD TABLE

ALKALINE

Millequivalents/100 g

-20 -15 -10 -5

5 10 15 20 25 30 35

Millequivalents/100 g

ACID-PRODUCING

DRINKS



- Apple juice, unsweetened
- Beer, Pilsner
- Cola
- Espresso
- Vegetable juice (tomato, beetroot, carrot)
- Coffee, filter
- Cocoa, using milk (3,5%)
- Mineral water
- Orange juice, unsweetened
- Beetroot juice
- Tea (green, black, fruit), infusion
- Tea (herbal), infusion
- Tomato juice
- Wine, red
- Wine, white
- Lemon juice

BREAD



- Graham bread
- Pumpernickel
- Rye bread
- Rye crackers
- Wholemeal bread
- White bread
- Wheat bread
- Rusk

CERIALS AND FLOUR



- Amaranth, seed
- Buckwheat, whole grain
- Cornflakes
- Spelt, green spelt
- Barley, whole grain
- Porridge oats
- Millet, whole grain
- Corn, whole grain
- Rice, husked
- Rice, unhusked
- Rye flour
- Wheat flour

PASTA



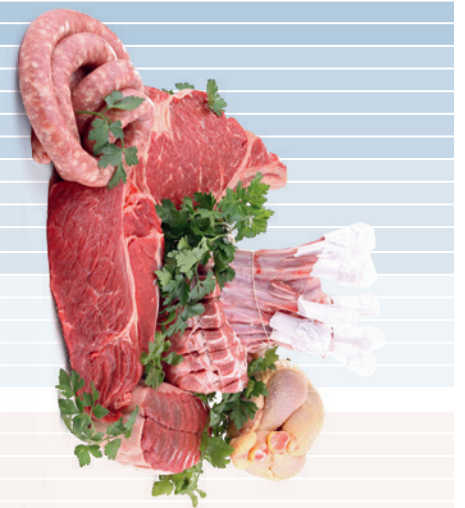
- Egg noodles
- Spaghetti
- Spätzle
- Wholemeal spaghetti

MILK, DAIRY PRODUCTS AND EGGS



- Buttermilk
- Egg white
- Cream cheese
- Fruit yogurt from whole milk
- Kefir
- Evaporated milk
- Milk, low-fat 1,5%, whole milk 3,5%
- Natural yogurt from whole milk
- Cream
- Quark
- Soft cheese, full-fat
- Butter cheese(50% fat in dry matter)
- Camembert
- Cheddar, reduced fat
- Egg yolk
- Hard cheese
- Cottage cheese, full-fat
- Parmesan
- Processed cheese, plain

MEAT AND MEAT PRODUCTS



- Ham sausage
- Cervelat
- Corned beef
- Processed meat
- Chicken
- Cooked sausage
- Veal
- Lamb
- Liver
- Liver sausage
- Beef
- Salami
- Pork
- Turkey
- Frankfurters
- Rabbit
- Mussels
- Prawns
- Sardines, in oil
- Redfish
- Salmon
- Carp
- Cod fillet
- Herring
- Halibut
- Trout, steamed
- Eel, smoked

FISH AND SEAFOOD



- Eel, smoked
- Trout, steamed
- Halibut
- Herring
- Cod fillet
- Carp
- Salmon
- Prawns
- Mussels
- Redfish
- Salmon
- Carp
- Cod fillet
- Herring
- Halibut
- Trout, steamed
- Eel, smoked

VEGETABLES



- Aubergines
- Cauliflower
- Broccoli
- Chicory
- Iceberg lettuce
- Pickles
- Lamb's lettuce
- Fennel
- Kale
- Cucumbers
- Carrots
- Potatoes
- Garlic
- Kohlrabi
- Lettuce
- Leek
- Peppers
- Mushrooms
- Radishes
- Brussels sprouts
- Rocket
- Sauerkraut
- Celery
- Asparagus
- Tomatoes
- Courgettes
- Onions

LEGUMES AND LEGUME PRODUCTS



- Beans, green
- Peas
- Lentils, green and brown, dried
- Soybeans
- Soy milk
- Tofu

FRUIT



- Pineapple
- Apples
- Apricots
- Bananas
- Pears
- Strawberries
- Grapefruit
- Kiwi
- Cherries
- Mango
- Oranges
- Peaches
- Blackcurrants
- Watermelons
- Grapes
- Lemons

NUTS



- Hazelnuts
- Almonds
- Pistachios, untreated
- Walnuts
- Peanuts, untreated

HERBS AND VINEGAR



- Parsley
- Basil
- Chives
- Cider vinegar
- Wine vinegar, balsamic vinegar

FATS AND OILS



- Butter
- Margarine
- Olive oil
- Sunflower oil

SWEETS



- Dark chocolate
- Ice dessert, sorbet, mixed
- Ice dessert, dairy ice cream, vanilla
- Honey
- Jam
- Milk chocolate
- Hazelnut cocoa spread
- Cane sugar, brown
- Pound cake
- Sugar, white

-20 -15 -10 -5

5 10 15 20 25 30 35