

VitalBASE®

Base minerals and trace elements based on organic, gastric-juice neutral citrates
New with boron

Dietary Supplement



For a healthy Acid-Base-Balance

VitalBASE® with apple pectin fibre is a synergistic recipe. It aims to support the organism during maintenance of the metabolic equilibrium, in particular the acid-base-balance. Additional bioavailable buffer capacities can thus be made available for neutralizing acid metabolites arising from the metabolism and also support the body's own base depots.

Use of VitalBASE®

- for daily regeneration
- to balance a diet that contains excess acid
- for smokers and stressed people
- before and after physical and mental exertion
- before and after sporting activity
- before and during de-acidification and excretory/detox treatments as well as weight-loss diets

Recommended consumption

- 2 times a day add 1.5 heaped teaspoons (2 x approx. 7.5 g = 15 g) a day to juice, cold water, milk, yoghurt, muesli or fruit, or mix into food.
- Consume an additional 1.5 teaspoons before physical or sporting activity.
- For deacidification and excretory cures double the amount.

There are no restrictions or incompatibilities known. In particular suitable for the elderly or people with hypo-acid digestion. Suitable for vegans.



Nutrients and other substances VitalBASE®
 Nutrients per daily serving size (15 g = 3 teaspoons)

Nährstoffe	Pro 100g	Pro 15g
Soluble fiber	5.2 g	--
Potassium	1,025 mg	51 %
Calcium	575 mg	72 %
Magnesium	300 mg	80 %
Silica	72 mg	--
Niacin (Vitamin B3)	9 mg	56 %
Zinc	5.3 mg	53 %
Iron	5 mg	36 %
Boron	1 mg	--
Copper	1 mg	100 %
Manganese	1 mg	50 %
Iodine	200 µg	133 %
Chrome	100 µg	250 %
Selenium	100 µg	182 %
Molybdenium	80 µg	160 %

%-values: Nutrient Reference Value (NRV)

Free from carbonates, hydrogen carbonates or questionable additives.
 Only 100% healthy natural and quality substances.

For a healthy balance

The modern way of lifestyle is frighteningly sour. The equilibrium of the metabolism of acidic or basic food is not yet present in the consciousness of most people, even though literature is now mushrooming. 95% of the usual nutritional average of industrial processed production, convenience food or white flour products produce acids in the metabolism. The elemental diet with fresh, sun-ripened vegetables, salads and fruits, which provide natural vitamins, minerals and fibre structures, is declining sharply. Thus, the symptoms of hyperacidity are increasingly noticeable in large parts of the population. However, from the perspective of traditional natural medicine, permanent malfunctions in the acid-base budget (endogenous depots) or acid-base balance (pH-milieu conditions) are an important factor in the development of chronic diseases.

What can lead to hyperacidity/base deficiency?

- unbalanced diet
 - too many acid builders: meat, fish, sausage, cheese, milk products, white bread, pasta, sweets, bread and pastries and monosaccharides, stimulants
 - too few base builders: fruit, vegetables, salad, herbs, spices
- fasting cures or false diets (degradation processes cause an acid-forming effect)
- physical or emotional stress
- smoking, alcohol and a lot of medication
- sporting or high physical strain
- functional impairment due to old age or illness (reduced organ and metabolic activity)



Our daily diet should ideally consist of about 80 % alkaline foods or base formers and about 20 % acid formers. If you are self-critical, you will admit that the ratio of acidifiers to base builders in our daily diet is downright upside down. Many people reach just 5 % of base formers daily. Nutritionists assume that in today's diet and lifestyle an acid excess of 80 – 100 mEq (milliequivalent) is produced. The milliequivalents (mEq) describe the level of base deficiency or acid overload in human metabolism.

VitalBASE® with apple pectin fiber provides about 80 mEq per daily ration and supports a surplus alkaline life-style for buffering and excretion of acids and for building up the body's own base depots. VitalBASE® with apple pectin can compensate an excess acid diet by its base intake. Bases as binding partners form neutral salts with stored acids. Neutral salts can be eliminated via the kidneys, skin or sweat glands.

In the long term, VitalBASE® with apple pectin can help to regenerate and condense the body's own base deposits in bones, teeth or hair roots by providing the substances that are beneficial for healthy mineralization. The intake of alkaline foods in addition to other nutritional provisions and especially enough physical activity is essential to counteract the premature decline in bone density in old age.

More positive effects on health

VitalBASE® with apple pectin provides a wide range of minerals and trace elements such as magnesium, potassium, sodium, calcium, silicon, zinc, iron, vitamin B3, manganese, boron, copper, chromium, selenium and molybdenum, which have been attributed to supporting or normalizing properties for health. Solely these vital substances contained in VitalBASE® are honored by the European Food Safety Association (EFSA) with a total of 71 tested and proven health claims, which we summarize here in a clear and easy way for the consumer.

On organs and functional areas:

- Bones and teeth
- Skin, hair and nails
- Mucous membranes (e.g., in stomach, intestine, tongue)
- Pigmentation of skin and hair
- Muscle function and regeneration
- Function of digestive enzymes and processes in the stomach and intestines, supporting the digestive pH ranges for good nutrient digestion and absorption
- Thyroid function
- Vision
- Immune system (which also plays a role regarding tolerances in allergies [food, pollen])
- Connective tissue (e.g., as a matrix for metabolism & regulation)

On the metabolic process:

- Metabolism of macronutrients
- Energy-yielding metabolism, especially metabolism of fatty acids and carbohydrate metabolism
- Absorption/utilization of sulphur amino acids
- Vitamin A metabolism
- Iron transport
- Oxygen transport and supply
- Acid-base metabolism / pH terrain regulation

Vitality, agility, cell protection and anti-aging:

- Reduction of tiredness and fatigue
- Protection of cells from oxidative stress

- Fertility and reproduction, spermatogenesis
- Function for cell division and cell specialization

Regulation/Normalization of:

- Blood glucose response
- Blood pressure
- Electrolyte balance
- Blood clotting
- Testosterone levels in the blood

For build-up and renewal:

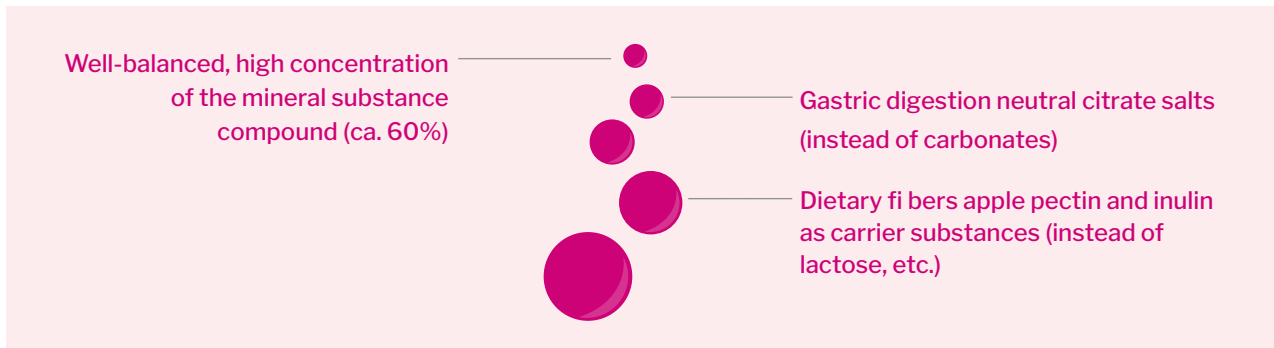
- Protein synthesis (e.g. for cell renewal and cell regeneration)
- Formation of red blood cells and haemoglobin
- DNA synthesis
- Connective tissue formation and strengthening

On nerves, brain and psyche:

- Psychological function (e.g., for a good mood, inner peace, -balance and resilience, a restful sleep)
- Cognitive Function (e.g., for concentration and mental performance)
- Functioning of the nervous system, neurotransmission

The particular characteristics of the formula

VitalBASE® with apple pectin fibre does not contain sweeteners and fillers such as sugar (e.g. lactose, sucrose, dextrose) or artificial sugar substitute (e.g. aspartame). This is in contrast with many other base mixtures. We also avoid the use of carbonate-based salts (also hydrogen carbonate), as they already develop their effect in the stomach and can impair the ability to digest, especially in older people.



Bowel cleanse by carrier substance from prebiotic fibre

Apple pectin, on the other hand, compliments the mineral substance compound of organic salts (approx. 60% of the compound), naturally on a citrate basis which is “digestion neutral”, in order to support the digestion promoting element of dietary fibres. Pectins from fruit and vegetables are among the so-called bioactive substances and develop a cleansing effect in the intestine by supporting the body during daily detoxification processes.

Inulin, a probiotic dietary fibre, serves the microorganisms conducive to health in the small intestine as nourishment. In the process it can promote a favourable intestinal milieu and strengthen the immune system. Experts assume that nowadays we consume just 10% of the amount of dietary fibre compared with the average of the rural population 50 years ago.

Gastric juice neutral citrate base salts

VitalBASE® with apple pectin fibre is optimally bioavailable. Minerals essential for acid equilibrium such as potassium, calcium, magnesium and sodium are present in a well-balanced amount and an organically favourable citrate form for the body. This guarantees good absorption, as no unfavourable interaction with acidic gastric digestion take place.

VitalBASE® with apple pectin fibre also contains important trace elements for the basic human supply such as zinc, copper, manganese, molybdenum, chromium and selenium and also silicon from silica, which reinforces skin, hair and nails as an anabolic agent and strengthens the connective tissue.



Ingredients

Apple pectin (33 %) of German origin, potassium citrate, calcium citrate, magnesium citrate, inulin (11%), pea protein hydrolysate, silica, zinc gluconate, iron gluconate, nicotinamide, manganese gluconate, copper gluconate, sodium tetraborate, chromium chloride, sodium selenite, potassium iodide, sodium molybdate

Free from lactose, gluten, purine, iodine, colouring agents, flavours, preservatives, fillers and separating agents.

Nutrients

Soluble fibre: 5.2 g • Potassium: 1,025 mg (51%) • Calcium: 575 mg (72%) • Magnesium: 300 mg (80%) • Silica: 72 mg • Niacin – Vitamin B3: 9 mg (56%) • Zinc: 5.3 mg (53%) • Iron: 5 mg (36%) • Boron: 1 mg • Copper: 1 mg (100%) • Manganese: 1 mg (50%) • Iodine: 200 µg (133%) • Chrome: 100 µg (250%) • Selenium: 100 µg (182%) • Molybdene: 80 µg (160%)

Content

300g powder. Sufficient for 20 days.

VitalBASE® with apple pectin can be obtained from:



Legal note: This product is for nutrition and therefore does not affect any Drug Act of any country. A good nutritional status can help the organism prevent or to overcome diseases. All statements describe characteristics and physiological effects, which can be different for consumers, and do not constitute a healing or health promise. Many of the claims used are evaluated by the European Food Safety Association (EFSA).

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