The acid-base balance involves a complex cooperation of several endogenous buffer systems in order to maintain a constant pH value. As soon as the balance is reached, all metabolic processes can run optimally. If the daily diet is rich in acid-forming foods such as meat, cheese and sweets, the acid-base balance is imbalanced and the body can become acidotic in the long term. Restless sleep, tiredness and exhaustion can occur.

AlkalaX contains the minerals calcium, potassium and magnesium. The basic mineral compounds are available as citrates to enable the best possible absorption of the micronutrients. The additional trace element zinc contributes to a normal acid-base metabolism.

Product information of product sample AlkalaX

Product description: **Food supplement with minerals and zinc**

Flavour: **Apple**

Presentation: **whitish powder; 5.0 g per serving**

Nutrients	Per daily serving (1 sachet = 5.0 g)	% NRV[1]
Calcium	250 mg	31
Magnesium	250 mg	67
Potassium	400 mg	20
Zinc	3.5 mg	35

[1] Nutrient Reference Value

Recommended consumption:

Dissolve 1 sachet (5.0 g) once a day in 200 ml water, stir well and drink.

Ingredients:

Calcium lactate; potassium citrate; magnesium salts of citric acid; maltodextrin; flavour; zinc citrate

The product AlkalaX does not contain allergens (according to Regulation (EU) No 1169/2011) and GMO, is free of gluten and lactose and is suitable for vegetarians and vegan.

Indications:

The recommended daily dose should not be exceeded. Food supplements are not a substitute for a balanced, varied diet and a healthy lifestyle.

Keep out of the reach of small children. The product is not suitable for children under 13 years of age.

People with kidney or heart disease should consult their doctor before taking potassium.

Storage conditions: Store in a dry and dark place, at room temperature (not above 25°C).

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