



Minesan Pocket Alkaline Powder

Food supplement with minerals



Good to know:

A healthy, well-balanced diet includes lots of fruit and vegetables and just a little meat. This provides the body with sufficient alkaline, but just few acid-forming foods. Unfortunately our daily diet is usually very different. Though to some extent the body has the ability to compensate its acid surpluses, but over a longer time it may be useful to support its acid-base balance in order to counteract an ongoing excess of acid. Among other things, calcium contributes to normal function of digestive enzymes. The trace element zinc is a component of a variety of enzymes and makes a substantial contribution to a normal acid-base metabolism. With Minesan Pocket Alkaline Powder you actively support your body's acid-base balance and at the same time complement its mineral storage.

Ingredients: Sorbitol, Magnesium Citrate, Calcium Carbonate, Sodium Bicarbonate, Potassium Citrate, Potassium Bicarbonate, Sodium Carbonate, Flavor.

Average nutritional values:	per sachet (2 g)	per daily dose (2 sachets)	% of NRV recommended daily dose*	per 100 g
Calorific value	15,9 kJ 3.8 Kcal	32 kJ 8 Kcal	–	797 kJ 189 Kcal
Fat	0 g	0 g	–	0 g
Carbohydrates	1.1 g	2.2 g	–	53.1 g
- of which sugar	0.01 g	0.02 g	–	0.53 g
Protein	0 g	0 g	–	0 g
Salt	0.06 g	0.12 g	–	3.15 g
Natrium	25 mg	50 mg	**	1.26 g
Calcium	125 mg	250 mg	31	6.2 g
Magnesium	78 mg	156 mg	42	3.9 g
Potassium	19 mg	38 mg	2***	0.9 g
Zink	5 mg	10 mg	100	0.25 g

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

** No reference value has yet been established

*** For covering the daily requirement an additional intake is recommended

Suggested use: Take 1-2 times a day the contents of 1 sachet and drink some water right away or dissolve completely in water and drink. With sweetener sorbitol. Excessive consumption may produce laxative effects.

Not recommended for children and adolescents under the age of 17.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle.

Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

30 sachets with 2 g each, total weight 60 g

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