



## Sponser Basic Minerals 400g can



Alkaline mineral salt mixture by Sponser sports nutrition for the regulation of the acid-base balance.

CHF 23.00

Alkaline mineral salt mixture - Basic Minerals serves to regulate the acid-base balance. The alkaline minerals and trace elements (bicarbonate, lactate, carbonate and hydrogen phosphate) have an acid-reducing effect, improve cell metabolism, promote the elimination of waste products and increase oxygen respiration of the cells. Basic Minerals is used for deacidification of the body, faster convalescence after illnesses and strengthening of the immune system.

Over-acidification of the metabolism is a widespread phenomenon of our time. Causes of increased acidity are:

- Foods such as cereals, sugar, too much meat, alcohol and coffee.
- extreme physical stress
- reduced acid excretion (lack of exercise, insufficient fluid intake)

### Benefits

- 3 teaspoons of Basic Minerals cover 80-90% of the daily requirement of calcium, magnesium, zinc and iron
- Sugar and lactose free

### Directions

1 teaspoon 3 times a day with plenty of water, with or after meals.

Packaging unit 400g tin (monthly pack)

Flavor: citrus

**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

056 427 02 25  
[info@sharkfitness.ch](mailto:info@sharkfitness.ch)  
[www.sharkfitness.ch](http://www.sharkfitness.ch)

Content: 400g