

## HEALTH & VITALITY

# BASIC MINERALS

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### QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES



### PRODUCT DESCRIPTION

Sponser® Basic Minerals supporting the regulation of the acid-base balance. Contains calcium and phosphorus derived from milk, but is free from lactose. Zinc contributes to normal acid-base metabolism, magnesium supports electrolyte balance and iron a normal oxygen transport.

- Calcium	60% NRV (nutrient reference value)
- Magnesium	70% NRV
- Iron	80% NRV
- Zinc	85% NRV
- Phosphorus	45% NRV

### ADVANTAGES

- **2 teaspoons of Basic Minerals covers more than 50% of zinc, iron, magnesium and calcium**
- **free from sugar and lactose**

### UTILISATION

2 x 1 teaspoon a day (2 bulged teaspoons = approx. 8.5 g). Dissolve 1 teaspoon of powder in a glass of cold water (200-300 ml).

Do not exceed recommended daily dose. Dietary supplements do not substitute for a varied and balanced diet. Keep out of reach of children.

### INGREDIENTS

Magnesium lactate, sodium bicarbonate, milk minerals salts (calcium, phosphorus), dibasic potassium phosphate, anti-caking agent acid silicic, flavours, ferrous lactate, zinc lactate, stabiliser gum arabic. Free from lactose.

### FLAVOUR/PACKAGING

Citrus 400 g can (94 portions)

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## NUTRITION FACTS

NUTRITION FACTS		PER 8.5 G** (2 PORT.)
energy kJ (kcal)		24 (10)
fat		0 g
of which saturated fatty acids		0 g
carbohydrates		0.4 g
of which sugars		0.2 g
fibres		0 g
protein		0 g
salt ***		1.53 g
MINERALS		%NRV*
Calcium	480 mg	58%
Magnesium	262 mg	70%
Iron	11 mg	86%
Zinc	8.5 mg	85%
Phosphore	315 mg	34%

\* nutrient reference values

\*\*8.5 g = 1 daily ration

\*\*\*calculated from natural sodium content, no salt added

Basic mineral mix with lemon flavour. Dietary supplement.

Carefully developed and produced in Switzerland by

Sponser Sport Food AG  
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