

FOOD SUPPLEMENT

PRO ALKALINE

CONTAINS MAGNESIUM IN A CHELATE FORM
+ MINERALS IN ORGANIC FORM



GMO FREE



GLUTEN FREE



VEGAN

SUITABLE FOR
KETODIETORGANIC
INGREDIENTS

Today's one-sided diet high in sugars, fats and industrially processed meat products, which are mostly offered today, causes **acidosis in the body**.

Our body tries to maintain a constant ratio between alkalis and acids, so when the body becomes too acidic, it draws its reserves from those areas that contain minerals (especially in the bones, teeth, joints, blood, skin), and the body becomes weak.

The human poisons produced in an acidic environment of the body reduce the absorption of proteins and minerals, and the body's ability to produce the enzymes and hormones it needs for energy synthesis is limited. The result is fatigue, low body stamina and general weakness.

For these reasons, we recommend taking the **PRO ALKALINE** food supplement called an **alkalizing blend** of K, Ca, Mg, Zn, Se and nettle (*Urtica dioica*) together with Indian nettle (*Coleus forskohlii*) contained in hard HPMC capsules.

Recommended dosage: 1-2 capsules twice a day, with liquid.

ACTIVE INGREDIENTS	In a daily dose (4 capsules)	DRI %
Potassium (tri-potassium citrate)	338 mg	16,9
Calcium (calcium lactate)	124 mg	15,5
Magnesium (magnesium bisglycinate)	70 mg	18,7
Indian nettle extract 10% forskolin	200 mg	*
Nettle extract 1 %	200 mg	*
Zinc (zinc citrate)	10 mg	100
Selen (L-seleno-methionin)	55 µg	100



The production from proven raw materials is subject to strict technological, hygienic norms and is carried out in accordance with the quality system according to ČNS EN ISO 22000:2019. HACCP systems are also implemented and certified.

POTASSIUM

contributes to the normal functioning of the nervous system, muscles and to the maintenance of normal blood pressure.

CALCIUM

contributes to normal blood clotting, normal muscle function and nerve transmission function. It contributes to normal energy metabolism and normal function of digestive enzymes. It also participates in the process of cell division and specialization and is required for the maintenance of normal bone and teeth.

MAGNESIUM

contributes to the reduction of fatigue and exhaustion, electrolyte balance, normal energy metabolism, and to the normal functioning of the nervous system and muscles. It also contributes to normal protein synthesis, mental activity, maintenance of normal bone and teeth. It is also involved in the process of cell division.

NETTLE

helps to maintain the normal condition of bones, hair and nails, normal function of the vascular system, nervous and mental balance, including concentration and intellectual activity. It also contributes to the normal function of the respiratory system.

ZINC

contributes to normal metabolism of acids, alkalis and carbohydrates, normal DNA synthesis, fertility and reproduction, and normal metabolism of macronutrients, fatty acids and vitamin A. Zinc contributes to the maintenance of normal testosterone levels in the blood, normal immune system function and protection of cells from oxidative stress.

SELEN

contributes to normal spermatogenesis, normal thyroid function and protection of cells from oxidative stress.

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