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Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Kristall Base INTRA, 120 capsules

Product number: SH5011



Price

€34.90

Prices incl. VAT plus shipping costs

Description

Kristall Base INTRA – Acid-Base Balance with a System

Kristall Base INTRA forms the second phase of the 2-phase concept for targeted support of the acid-base balance[1] – with a special focus on the **cell level**[4].

Phase 1: Kristall Base EXTRA – focus on the extracellular environment[3]
Phase 2: Kristall Base INTRA – focus on the cell level[4]

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More than just bases

Kristall Base INTRA combines alkaline minerals with trace elements, marine minerals, algae, selected herbs and spices. The result is a broad-spectrum mineral complex with natural accompanying substances.

- **Potassium and sodium bicarbonate** in a 10:1 ratio
- **6 trace elements** for acid-base balance[1], energy metabolism[2], connective tissue[3] and cell protection[4]
- **3 natural marine mineral sources** with over 70 minerals as well as trace and ultra-trace elements
- Valuable **seaweeds, herbs and spices** such as anise, fennel, black cumin, nettle and elder
- Natural essential oils from **lemon, orange and lemongrass**
- **Piperine** to support the bioavailability of curcumin from turmeric

Marine mineral diversity

A special feature of Kristall Base INTRA is the combination of **Lithothamnium algae, a marine multimineral complex and specially processed marine minerals**.

The gently obtained marine minerals provide a broad spectrum of minerals, trace elements and ultra-trace elements. This creates a natural mineral diversity that goes beyond the composition of isolated base products.

Thoughtful formulation

The formulation is designed for **nutrient diversity, bioavailability, tolerability and the interplay of the individual components**. Plants from the European cultural area form an important component.

Zinc contributes to a normal acid-base metabolism.[1] Magnesium, copper and manganese support energy metabolism.[2] Zinc, selenium, copper and manganese contribute to the protection of cells from oxidative stress.[4] Manganese and copper also support the normal formation and maintenance of connective tissue.[3]

What's new?

- Marine magnesium from **Lithothamnium calcareum**
- Marine minerals from sun-dried sea salt
- Anise, fennel and caraway
- Natural essential oils from lemon, orange and lemongrass
- Increased focus on European raw material sources
- **MCT oil instead of almond oil**
- Yeast-free

Further benefits at a glance

- With magnesium for energy metabolism[2], electrolyte balance[6], nerve and muscle function[6] and to reduce tiredness[6]
- Rich in **zinc, copper, molybdenum, selenium and chromium**
- Daily portion: 2 × 2 capsules
- 50% of the reference value for zinc, selenium, molybdenum and chromium as well as 25% for manganese and 15% for potassium
- **100% vegan**
- Gluten- and lactose-free
- Free from preservatives, artificial flavours and synthetic colourings
- Free from genetic engineering and synthetic additives
- Suitable for long-term consumption

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- Developed in Switzerland, manufactured in Germany

Kristall Base INTRA represents a modern, holistically conceived dietary supplement with a broad combination of minerals, trace elements and natural plant substances.

Nutritional information

Micronutrients	per daily portion (4 capsules)
Potassium	307 mg (15%*)
Chromium	20 µg (50%*)
Molybdenum	25 µg (50%*)
Zinc	5 mg (50%*)
Copper	0.5 mg (50%*)
Manganese	0.8 mg (40 %*)
Selenium	28 µg (50%*)
Magnesium	58 mg (15 %*)

*Reference value according to Regulation (EU) No. 1169/2011

Ingredients

Potassium bicarbonate , marine minerals*, hydroxypropylmethylcellulose (vegetable capsule shell), nettle leaf powder (Urtica dioica), magnesium hydroxide (from the Atlantic red algae Lithothamnium), red algae powder (Lithothamnium calcareum), elderberry powder (Sambucus nigra), sodium bicarbonate, black cumin seed (Nigella sativa), turmeric root powder (Curcuma longa), anise powder (Pimpinella anisum), zinc lactate, fennel seed powder (Foeniculum vulgare), medium-chain triglycerides (MCT from coconut oil), selenomethionine, chromium picolinate, sodium molybdate, manganese gluconate, black pepper extract (Piper nigrum), copper gluconate, natural essential oils (lemon, orange, lemongrass).
Allergens: Yeast/yeast extracts

*Sea salt (with reduced sodium chloride content and increased proportion of natural minerals and trace elements)

Recommended intake

Take 2 × 2 capsules daily, each dose at least one hour after meals with plenty of water.

Tips from the manufacturer

If you would like to support your metabolism and acid-base balance intensively for a longer period, we recommend a two-stage concept. Start with Kristall Base EXTRA for 30 days. Then continue with one bottle of Kristall Base INTRA for a further 30 days.

Drinking plenty of fluids during the course gives the renal excretion of acid an additional boost. Water and herbal tea are ideal for 'flushing'.
As a rough rule of thumb for daily fluid intake in healthy individuals, 1 litre per 30 kg body weight applies. It is best to start immediately after waking with a glass of warm water and then drink glass by glass throughout the day.

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Storage instructions

Store cool, dry and protected from light (do not refrigerate).

Legal notice

The recommended daily intake must not be exceeded. Dietary supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of young children.

Product information

Application:	Blood sugar, Brain, Skin & Hair, Bones & Joints, Acids & Bases, Metabolism
Dosage form:	In vegan capsules.
Micronutrients:	Chrome, Copper, Magnesium, Manganese, Molybdenum, Potassium, Selenium, Zinc
Plants:	Algae, Aniseed, Black cumin, Coconut, Elderberry, Fennel, Lemon, Lemongrass, Orange, Pepper, Stinging nettle, Turmeric
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements