

# BASENTABS

## pH-balance PASCOE®

Mineral

**NPN: 80042671**

**Medicinal Ingredients:** 1 tablet contains: Carbonic acid calcium salt (1:1) (Calcium carbonate) 201.7 mg (Calcium 80mg), Carbonic acid sodium salt (1:1) (Sodium bicarbonate) 160mg, Carbonic acid, magnesium salt (1:1) (Magnesium carbonate) 120mg (Magnesium 30mg), Disodium phosphate (Sodium phosphate, dibasic) 20mg, Carbonic acid potassium salt (1:1) (Potassium bicarbonate) 20mg, Zinc (Zinc sulfate heptahydrate) 0.25mg.

**Non-Medicinal Ingredients:** Povidone, Silicon dioxide, Magnesium stearate, Croscarmellose sodium.

**Packaging and Contents:** Original packs of 20 resp. 100 resp. 200 tablets. Not all package sizes are available.

**Class:** Mineral

**Names and Addresses:**

Canadian Distributor: PASCOE CANADA, Unit 69 & 70, 40 Vogell Road, Richmond Hill, Ontario, Canada. L4B 3N6

Manufacturer: PASCOE pharmazeutische Präparate GmbH, Schiffenberger Weg 55, D-35394 Giessen, Germany.

**Indications:** Antacid containing alkaline salts. Helps in the development and maintenance of bones.

**Dose:** Adults: 2-4 tablets 1 to 3 times a day. The tablets should be taken with plenty of water. Take with food.

**Contraindications:** Do not use if you are pregnant or on a low salt diet.

**Cautions:** Avoid taking any medications within two hours before or after taking this product. Due to possible interactions, a time interval between the intake of BASENTABS pH-balance PASCOE® and other medications could be necessary. Consult your health care practitioner if you are taking other medications. Do not take for more than two weeks, or if symptoms recur, unless directed by a doctor. Individuals with kidney disease should not take this product except on the advice of a doctor. Some people may experience diarrhea.

**Note:** Do not use beyond the expiration date indicated on the package.

**Storage:** Under normal storage conditions. Store away from children.

**Date of Information:** June 2014

*Dear patients,*

Acid-base balance plays an important role in an individual's overall health. If the body produces more acid metabolic waste products than can be neutralized or excreted, hyperacidity of the body will result in the long term. If the acid-base balance is disturbed, the optimal functioning of the body will be impaired. Thus, the body resorts to mechanisms to counteract this imbalance. The body primarily deposits all acids in connective tissue then releases and excretes them when sufficient alkaline mineral salts are available again in the blood. When there is extensive lack of alkaline mineral salts and continuous hyperacidity the body resorts to using its own minerals, such as calcium from the bones, which then can result in osteoporosis.

Minerals not only play an important role in keeping muscles, bones and cells in a healthy condition but also help the body maintain its acid-base balance. The body cannot produce minerals on its own; rather they must be consumed via food. The Canada Food Guide recommends 5-10 servings of fruits and vegetables per day to meet the needs of the acid-base equilibrium in our body. Higher intakes of acidifying foods (e.g. meat, fish, cheese, sausage), stress, allopathic drugs, insufficient alkalizing food (e.g. fruits, vegetables), and insufficient physical exercise and insufficient fresh air have negative influences on the acid-base balance, which results in hyperacidity.

The BASENTABS pH-balance PASCOE® formula is based on the recommendations of Friedrich F. Sander, a pioneer in the field of hyperacidity. The ingredients of BASENTABS pH-balance PASCOE® tablets have been optimized with regard to mineral balance according to the latest research. It contains basic magnesium carbonate, leading to high acid-binding capacity, in addition to Sander's original formulation.

**How do I use the pH test strip?**

Collect fresh urine in a clean container. Tear off a test strip with dry fingers. Dip the test strip into the urine for 1 second, pull out, and shake off surplus liquid. The test strip changes colour depending on the pH-value on the moistened patch. Compare the colour with the colour scale within 2 minutes. Read the value, which is closest to the colouring of the test strip (reading accuracy: ± 0.1 pH). Dispose used test strips in the garbage. To evaluate the results of this test please consult a qualified health care professional.

For information about all of our products, please visit [www.pascoe.ca](http://www.pascoe.ca)

