



Why bicarbonate?

Bicarbonate or sodium bicarbonate is a versatile mineral substance. It is inorganic, highly alkali and, just like magnesium, supports a multitude of biological functions in the human body. Zechsal bicarbonate is clean and pure.

Although the pancreas itself produces bicarbonate, we can often use more of it, especially when it comes to the alkalisation of our bodies. And bicarbonate – in combination with magnesium – is also an important source of energy.

What does bicarbonate do?

- ✓ Bicarbonate alkalis the body
- ✓ Bicarbonate facilitates the delivery of oxygen through blood circulation
- ✓ Bicarbonate neutralises the effects of radiation on the body
- ✓ In combination with magnesium, bicarbonate increases energy production (ATP)
- ✓ Bicarbonate supports the immune system

Why is this?

Loss of an ability to expel acid accelerates the ageing process. Bicarbonates are the buffers that ensure that acidic waste is expelled from the body. If sufficient bicarbonate is not present, the blood is hindered in its ability to regulate acidity. This paves the way for conditions such as gout and heartburn and even diabetes, high blood pressure, osteoporosis and cardiovascular diseases.

There is a notable drop in bicarbonate levels at around age 45, even among healthy people. Unhealthy eating habits and lifestyles, stress and medication serve to aggravate this process. Regular bicarbonate supplements or occasional alkalisation remedies have a preventive effect and assist in recovering energy balances after suffering e.g. colds and flu.

In conjunction with magnesium chloride, bicarbonate provides a stimulus necessary for the production of ATP in the energy plants of our cells, the mitochondria. Bicarbonate supports the free magnesium that becomes available in an alkali environment.



Taking extra bicarbonate also enhances the performance of athletes. Lactic acid is expelled more rapidly and optimum power output levels can be maintained for longer periods.

For whom specifically?

- ✓ Elderly people
- ✓ People with (temporary) low pH values (< 7,4 in blood)
- ✓ Athletes
- ✓ People suffering from colds, flu, infections and hangovers

Bicarbonate has many other uses in addition to its healing effects. It can dispel odours, tenderise meat and be used as a rising agent.

Dosage and use

Through the skin

Dissolve 100 g in a bath (80 to 100 litres of water) or 20 g in a foot spa (app. 4 litres of water). Bathe for at least 20 minutes.

Use half a dose if used in conjunction with Zechsals magnesium crystals, so 100 g and 20 g respectively.

Tip: first dissolve the magnesium crystals in warm water and then add the bicarbonate. Dissolving them together will cause a reaction that creates bubbles and can restrict the effects of the minerals.

Orally

Stir 1.5 g (half a teaspoon) into a glass of water or water with lemon juice. Drink this twice a day on an empty stomach or just before mealtimes. Gradually increase the dosage.

The use of bicarbonate is generally safe. Your pH value is often a good indicator of whether or not you need extra bicarbonate. High doses can cause headaches or nausea. Long-term use can harm kidney and bladder tissue. Do not use if you follow a low-sodium diet, and do not use (simultaneously) with medication such as antibiotics and antacids. When in doubt, consult your GP.

Composition of Zechsals bicarbonate

Zechsals bicarbonate is 99.9% sodium bicarbonate (natrii hydrogenocarbonas). Zechsals bicarbonate is quality-certified and contains zero aluminium.

For more information, please visit our website at www.zechsals.eu or call 0598 - 626 810. We will gladly provide further explanations or answer your questions!