

**For digestive tract alcalisation**

20 tablets  
For use in nutrition  
No sugar added

**Composition:** Sodium hydrogen carbonate 500mg

**Other ingredients:** bulking agents: microcrystalline cellulose, corn starch, anti-caking agents: magnesium stearate, silica.

**Average tablet mass: 1.1g**

Nutritive value:	100g of product contains:	1 tablet contains:
Energy (kJ/kcal)	594/144	6.53/1.58
Carbohydrates (g)	17.56	0.19
Proteins (g)	0.28	0.003
Fats (g)	0.63	0.007

**Sodium bicarbonate** is an effective, fast-acting antacid, an agent that neutralizes excess gastric acid. As a weak alkaline substance, it reduces the acidity of the stomach, normalizing its pH and thus reduces the symptoms of the heartburn. The process of gastric acid acidity neutralisation is called alcalisation.

**The digestive tract** is a digestive system ensuring the body's intake of nutrients. Food digestion starts in the mouth and continues in the stomach where hydrochloric acid (HCl) and the pepsin enzyme are produced, which further affect the process of food dissolution - primarily proteins. Hydrochloric acid, although useful in the digestion process, can be harmful to the body in the case of its excessive secretion.

The increased acidity of the stomach content is often caused by the consumption of acid and fat foods, coffee and alcohol. It is characterized by a number of unpleasant symptoms such as burning in the throat and stomach, pain in the lower stomach and belching.

Stomach acidity increase may result in the misbalance of the normal pH of the stomach and the destruction of the mucosal protective layer of the stomach.

Destruction of the stomach mucosa can cause gastritis or gastric ulcer, and the necessary acidity of the gastric mucosa must be maintained with mild antacids, such as sodium bicarbonate.

In addition to pH regulation of the digestive tract and acidity neutralization, sodium bicarbonate eliminates bad breath as well.

**Method of administration:** It is advisable to take tablets after a meal with lukewarm water or other beverages. Sodium bicarbonate in tablets provides correct and precise dosing.

Active substance in sodium bicarbonate tablets, sodium hydrogen carbonate, is of pharmaceutical quality, purified and thoroughly tested, and therefore more efficient and safer for use than sodium bicarbonate intended for food.

**Useful tips if you have a problem with heartburn and feeling of increased stomach acidity:**

- *Do not eat three hours before going to bed in order to prevent coming of food back to the mount*
- *Eat more light food, mashed food, boiled food, food rich in fibre, and/or food that is easily digestible*
- *Avoid acid, excessively greasy and spicy food*
- *Avoid carbonated and alcoholic beverages*
- *Eat slowly and chew food well*
- *Eat food in a sitting or standing position*
- *Stop smoking as it enhances heartburn*
- *Regulate your body weight*
- *Try to reduce tension and stress naturally*
- *Avoid wearing tight clothes.*

**Notes:**

Persons with high blood pressure, kidney and liver disease are advised to consult a physician before using the product. Excessive use can cause a laxative effect.

**Storage:**

Store in a dark and dry place.

**Shelf life:**

3 years.

**Packaging:**

A box containing 20 tablets, in a blister pack.

**Manufacturer:**

**ESENSA d.o.o.**

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