



GUNA[®]-BASIC

...is more than a mere alkalizing substance

**A CORRECT ACID-BASE BALANCE
IS THE KEY TO
HEALTH AND GENERAL WELLBEING**



**BASIC TREATMENT TO GET
EXCELLENT PHYSIOLOGICAL CONDITIONS**

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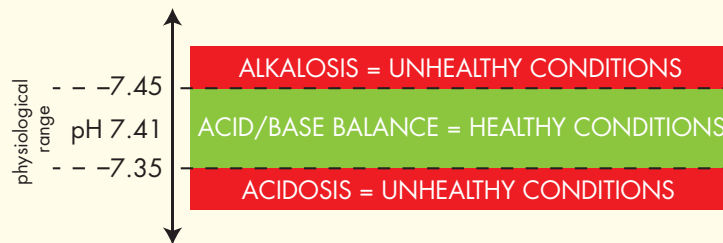
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THE IMPORTANCE OF ACID-BASE BALANCE

The main parameters to control and maintain the **body homeostasis** are temperature, oxygenation, glycaemia and **pH**. Among all these, pH is the most important and delicate, and requires a constant and careful modulation.

The control and the maintenance of the intracellular and extracellular pH within its physiological range is the necessary condition to keep the cell enzymatic metabolic processes all in good order. Even slight changes of the basic value (**blood pH = 7.41**) can lead to serious metabolic damage and, if untreated, even to degenerative diseases.



The **acid-base balance** is not only important for a correct metabolism but it may also have an impact on protein structure and function, cell membrane permeability, electrolyte distribution, matrix and extracellular fluid function.

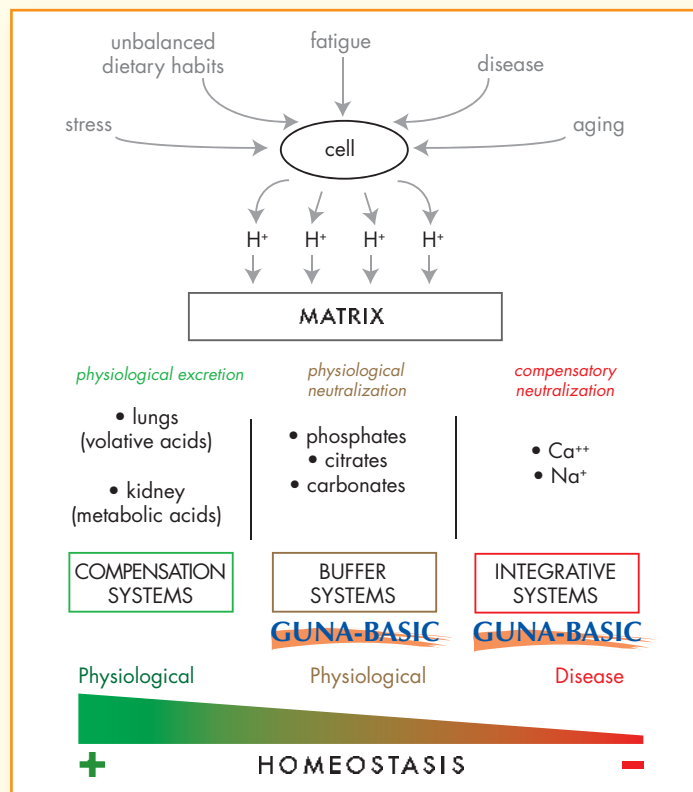


MECHANISM OF ACID-BASE BALANCE PHYSIOLOGICAL CONTROL

The body physiological metabolism tends to produce catabolites that are mainly acid. These are usually eliminated through the emunctories, especially **lungs** (volatile acids) and **kidneys** (metabolic acids).

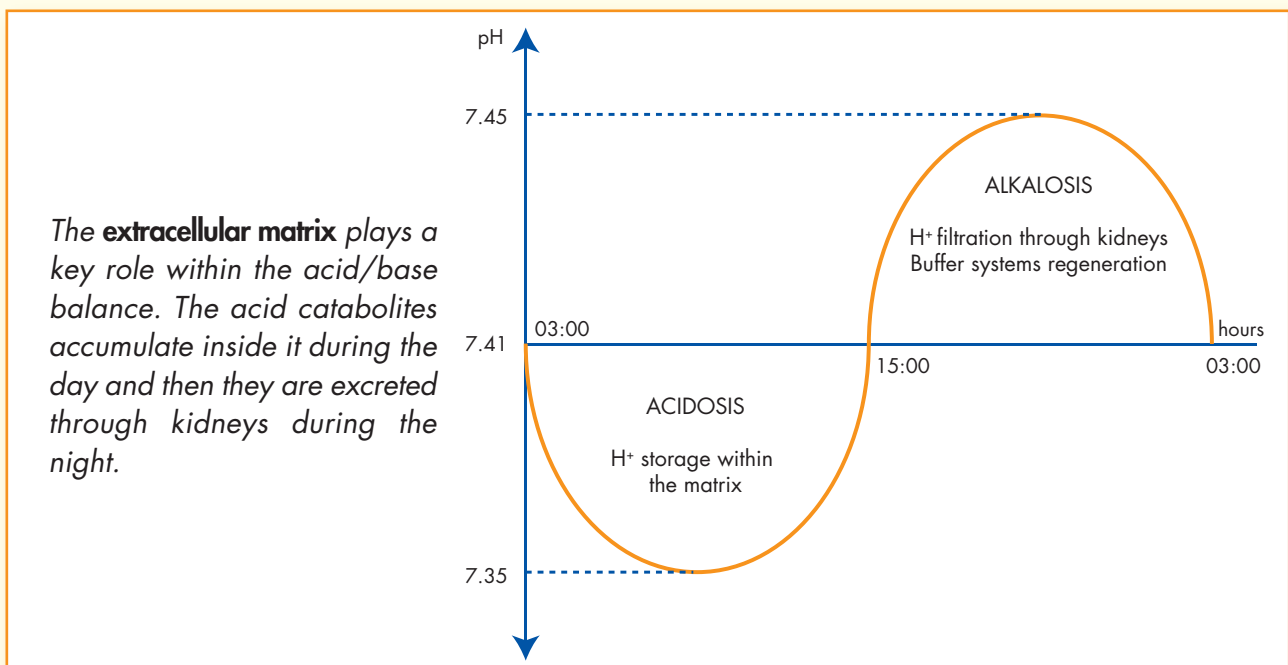
All physiological functions depend on a perfect acid-base balance. This process obviously requires a continuous and constant **adaptation effort** that may sometimes turn out to be inadequate. This might make the scales tip in favour of a surplus tissue **acidification** involving serious unhealthy conditions.

When there is a surplus acid production due to a protein surplus catabolism, for instance in case of fatigue, fever, prolonged abstinence from food, aging, or to an increased animal protein intake (>30 g/die), the emunctories are not capable of maintaining the physiological acid-base balance.



The body natural tendency towards homeostasis triggers aid mechanisms: **activation of buffer systems** (carbonates, phosphates, citrates, etc.) and **storage of H⁺ inside the extracellular matrix**.

However, the capacity to produce physiological buffer systems is limited. If a metabolic acidosis lasts long the body begins to search for the necessary ions in **Na⁺** and **Ca⁺⁺** supplies to compensate for the acidity. As a result, the supplies of these minerals decrease thus inducing the onset of some diseases, such as osteoporosis.



The matrix capacity to store acids is considerable, whereas the kidneys filtration capacity is much more limited (risk of nephrolithiasis). Therefore a gap between acid storage and kidney excretory capacity might arise and cause a surplus **storage** of these substances **inside the matrix**. The body will try to compensate for this metabolic acidosis condition by activating physiological buffer systems. As soon as these are not able to compensate the H⁺ surplus, a chronic **tissue acidosis** will certainly occur bringing about serious consequences for cell life.

THE USE OF GUNA®-BASIC IS ESSENTIAL TO PREVENT THESE CONDITIONS OR AVOID THEIR PROGRESSION



THE CONSEQUENCES OF ACIDOSIS

Chronic tissue acidosis may involve **all the body tissues** and more generally induce a cell function slow down. This implies an **early aging process, a decreased physical and mental energy, changing moods, stress, overweight but also a slower response to pharmacological treatments.**

Nervous System	Irritability, alterations of cardiac rhythm, anxiety, headache and migraine, aggressiveness, insomnia, hyperkinesia.
Skin	Seborrhoea, hyperhidrosis, eczema, mycosis, fragile nails and hair loss.
Endocrine System	Hyperthyroidism, diabetes, menstrual cycle disorders, sterility, hypercholesterolemia, uricemia.
Musculoskeletal System	Arthrosis, rheumatic diseases, osteoporosis, gout, muscle pain, cramps.
Digestive System	Gastric hyperacidity, dyspepsia, gastritis, biliary lithiasis, after-dinner sleepiness.
Miscellaneous Systems	Immune deficit, tooth decay, halitosis, periodontosis, varicosity, costiveness.



WHEN TO USE GUNA®-BASIC

GUNA®-BASIC is ideal:

- If you are over 50
- If you have been diagnosed with bone disease (especially osteoporosis)
- If you have been diagnosed with an chronic inflammatory disease (rheumatic diseases, gout, arthritis, IBD, candidiasis, etc.)
- If you ingest a high protein diet
- If you smoke, drink alcohol, have a sedentary lifestyle, or are under a lot of stress
- If you are an athlete
- If you ingest a low-calorie diet
- If you drink a lot of soft drinks or other acidic drinks
- If you ingest a lot of protein supplements
- To prepare the necessary soil to any pharmacological treatment



HOW GUNA®-BASIC ACTS

Mechanism of action:

It regenerates the buffer systems

It alkalinises the extracellular matrix

It optimises the hydrogen ion intra and extracellular concentration gradient

It improves the cell membrane permeability

It provides the enzymatic activity mineral support for a correct cell functioning

It protects tissues from the degenerative action of acids



Therapeutic effects:

It supports cell detoxification

It preserves matrix integrity

It improves cell metabolic functions

It holds back chronic inflammatory processes

It holds back tissue degeneration

It helps remineralisation

It helps digestion

It helps body detoxification



WHY GUNA®-BASIC IS UNIQUE

- It is an original, synergic, and complementary mixture of **mineral and herbal extracts**
- It contains **phosphates, carbonates** and **citrates** in a well balanced concentration to cover the whole range of buffer systems to avoid any possible side effects
- It ensures a **pH rebalancing** without causing any imbalance towards alkalinisation
- It helps **mineral rebalancing**
- It has an **anti-degenerative, anti-inflammatory, soothing** and **eupeptic** action

Mineral ingredients	Action
MAGNESIUM CITRATE	Alkalising
POTASSIUM CITRATE	Electrolytic rebalancing effect
ZINC CITRATE	Alkalising, stimulating the Immune System
COPPER CITRATE	Alkalising, protecting the vessel walls
CALCIUM CARBONATE	Alkalising, anti-allergic
MANGANESE CARBONATE	Alkalising, tonic
SELENIUM METHIONINE	Antioxidant, anti-degenerative
FERRUM PHOSPHATE	Stimulating the mitochondrion function
MAGNESIUM OXIDE	Alkalising, antispasmodic
MOLYBDENUM (Ammonium molybdenum)	Anti-degenerative

Herbal ingredients	Action
BAMBOO FIBER (Bambusae Spp.) standardized to 90% Silicon	Bone mineralization, stimulating connective tissue function
NETTLE (Urtica dioica) Root, dry extract	Anti-inflammatory, anti-allergic
CARROT (Daucus carota) Root, dry extract, standardized to 1,8% Beta-carotene	Vitamin A: protection of epithelium and mucous membranes
LEMON BALM (Melissa officinalis) Leaves, dry extract, standardized to 2% Rosmarinic acid	Soothing, calming, muscle relaxant
SMALL-LEAVED LINDEN (Tilia cordata) Inflorescence, dry extract, standardized to 1% Bioflavonoids	Soothing, spasmolytic
BIOFLAVONOIDS	Tonic for capillaries
FENNEL (Foeniculum vulgare) Seeds, dry extract, standardized to 1% essential oil	Carminative, antispasmodic, mild laxative
DANDELION (Taraxacum officinale) Root, dry extract	Liver and kidneys drainage



GUNA®-BASIC AND THE WELLNESS THERAPY ACCORDING TO PHYSIOLOGICAL REGULATING MEDICINE (PRM)

Hold back the metabolic acidosis through acid/base rebalancing; provide for substrates such as trace elements and minerals for the cell mineral and metabolic rebalance; hold back the chronic inflammatory and degenerative processes. All this means to give the body the necessary conditions to maintain its homeostasis and therefore a good health and a general well-

Every day at least for 2 months

- ❶ GUNA®-MATRIX, 40 drops + GUNA®-LYMPHO, 40 drops + GUNA®-CELL, 40 drops
+
- ❷ GUNA®-FEM/GUNA®-MALE, 40 drops
ALL THE A.M. PRODUCTS CAN BE TAKEN TOGETHER
(for example putting 30-40 drops of each medicine in 1 litre bottle of water.
The patient drinks this bottle during the whole day)
+
- ❸ GUNA®-TONIC, 20 ml (at 9,00 a.m.) + GUNA®-MELATONIN, 20 drops (at 9,00 p.m.)
+
- ❹ GUNA®-BASIC, 1 sachet (at 9,00 p.m.)

❶ Drainage

❷ P.N.E.I. rebalance

❸ Neuro-vegetative rebalance

❹ pH rebalance



GUNA®-BASIC: MOST COMMON COMBINATIONS

GUNA®-BASIC + OSTEOBIOST™	Osteoporosis
GUNA®-BASIC + GUNA®-DIGEST	Functional dyspepsia of various origins: organic or caused by stress; digestive disorders, pyrosis and gastric acidity
GUNA®-BASIC + ANTI AGE STRESS™	Control of physical and mental stress manifestations: aggressiveness, irritability, nervousness
GUNA®-BASIC + GUNA®-MOOD	Anxious depression, cyclic mood disorders
GUNA®-BASIC + GUNA®-SLEEP	Sleep troubles (difficulty in falling asleep, recurrent night awakening, early awakening); Poor quality sleep
GUNA®-BASIC + GUNA®-ARTHRO	Osteoarticular degenerative processes of small and large joints: gonarthrosis, coxarthrosis, spondylarthrosis and polyarthrosis
GUNA®-BASIC + GUNA®-MATRIX	Detoxification and drainage of extracellular matrix
GUNA®-BASIC + GUNA®-DERMO	Dermatitis, dermatosis, eczema, seborrhoea; hyperhydrosis
GUNA®-BASIC + ANTI AGE SKIN™ + ANTI AGE FACE™	Skin anti-aging treatment in Aesthetic Medicine

Ingredients

Maltodextrins, Magnesium citrate, Potassium citrate, Calcium carbonate, Nettle (*Urtica dioica*) root dry extract, Carrot (*Daucus carota*) root dry extract standardized to 1,8% Beta-carotene, Lemon balm (*Melissa officinalis*) leaf dry extract standardized to 2% rosmarinic acid, Small-leaved Linden (*Tilia cordata*) flower dry extract standardized to 1% bioflavonoids, Fennel (*Foeniculum vulgare*) seeds dry extract standardized to 1% essential oil, Dandelion (*Taraxacum officinale*) root dry extract, Magnesium oxide, Zinc citrate, Iron phosphate, sweetener: Sucralose; Manganese carbonate, Bamboo fiber (*Bambusae* spp.) standardized to 90% Silicon, Selenium methionine, Copper citrate, Ammonium molybdate.

Fields of application

Acid-Base rebalance; alkalization of the extracellular matrix; body deacidification; mineral rebalance; drainage and detoxification; chronic inflammation conditions; digestive disorders; nervous excitement.

Directions and uses

The RDA is 1 sachet to be dissolved into half a glass of water, better in the evening before going to sleep and on an empty stomach, for at least 15 days. To help digestion take it after meals.

Warnings

Keep the product in cool and dry place and protected from light. The expiry date refers to the product correctly stored in an unopened state. Do not exceed the RDA. Keep out of reach of children. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not use if you are pregnant as the small-leaved linden extract contains bioflavonoids.

Packaging

15 x 7 g sachets. Net weight 105 g.



PLUS

- Pleasant flavour
- Excellent solubility
- Gluten and lactose free

NUTRITIONAL FACTS

Average content per daily dose (1 sachet)		%RDA/dose
Potassium	300 mg	15
Calcium	240 mg	30
Magnesium	150 mg	40
Silicon	8 mg	*
Zinc	7,5 mg	75
Iron	7 mg	50
Manganese	5 mg	250
Copper	0,6 mg	60
Molybdenum	50 mcg	100
Selenium	27,5 mcg	50
Beta-carotene	3,6 mg	*

Herbal ingredients
Nettle dry extract 200 mg
Carrot dry extract 200 mg
Lemon balm dry extract 200 mg
(of which rosmarinic acid 4 mg)
Small-leaved linden dry extract 200 mg
(of which bioflavonoids 2 mg)
Fennel dry extract 200 mg
Dandelion dry extract 200 mg

*undefined RDA



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