

The invention relates to a method for acquiring at least one or a plurality of recyclable materials, in particular phytic acid, from a native material quantity containing phytic acid or phytate, comprising the following steps: providing a native, reduced material quantity containing phytic acid and/or phytate made from seeds containing phytic acid; pre-treating the reduced material quantity in order to obtain a flowable alkaline, preferably alcoholic-alkaline mash; separating of a solid phase, which has phytic acid and/or at least one phytate, from the mash; and isolating of phytic acid and/or at least one phytate from the solid phase.