

## Eisen plus



### Content

150 Piece / Capsules  
PZN 3089609  
RRP 32,50 €



### Recommended intake

1 capsule / day



### without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering



### free of

granulated sugar, sorbitol, fructose, lactose, gluten, yeast

### The fuel for your blood formation.

Burgerstein Iron plus is a high-quality complex for better absorption of iron and contains

- organic iron
- copper
- supplemented with vitamins A, B1, B2, B6, B12 as well as pantothenic acid, folic acid and vitamin C.

Burgerstein Iron plus is well tolerated and should be taken regularly over a long period of time. The vitamin C it contains increases iron absorption and copper contributes to normal iron transport in the body.

The amount of iron absorbed by the body varies depending on the food. Iron from animal foods has a so-called "better bioavailability", namely up to 4x as high as from plant foods. The absorption of iron is inhibited by certain substances in cereals, brown rice, maize, pulses and soy products. Combining these foods with products such as meat, fish, poultry and vitamin C can favour iron absorption and increase it 10-fold. This means that the combination of foods is more important than the level of iron content of individual foods.

Tea and coffee inhibit the absorption of iron into the body, as does calcium from milk, so it is recommended not to drink these beverages immediately after meals.

Vegetarians and vegans must therefore pay special attention to their iron status because they eat a meat-free diet. They should add vitamin C and/or foods containing citric or lactic acids to their plant foods. These acids increase the

### Eisen plus supports...

- **... women during menstruation**  
Iron contributes to the normal formation of red blood cells and haemoglobin.
- **...pregnant women and women who wish to have children.**  
Iron contributes to the normal formation of red blood cells and haemoglobin and supports the normal transport of oxygen in the body. The need for iron is increased during pregnancy. Folate/folic acid contributes to normal blood formation and supports the growth of maternal tissue during pregnancy. Supplemental intake of folate increases folate levels in pregnant women. A low folate level in pregnant women is a risk factor for the development of neural tube defects in the growing foetus. This positive effect is achieved with a supplementary intake of 400 µg daily over a period of at least one month before and up to three months after conception.
- **...athletes**  
Iron contributes to a normal function of the energy metabolism and to the reduction of tiredness and fatigue. It also serves the normal transport of oxygen in the body.

### Iron for the body

An **iron deficiency** can have **effects on the whole body**, e.g.:

- **Central nervous system:** there may be dizziness, headaches, depression, decreased performance or poor concentration.
- **Cardiovascular and cardiopulmonary system:** with cardiac arrhythmia, palpitations, heart palpitations, shortness of breath, tiredness, exhaustion or fatigue.
- **Metabolic functions:** possible consequences such as muscle atrophy, loss of appetite up to anorexia; sometimes an iron deficiency even triggers abnormal binge-eating.
- **Skin, hair and nails:** signs include: Paleness, torn corners of the mouth, regression of the mucous membranes or brittle nails and hair.
- **Immune system:** Iron deficiency can cause a weakened immune system and, as a result, an increased incidence of infectious diseases.
- On our cells with regard to **energy gain**, e.g. in muscle cells



Nutritional values	Per daily portion (1 capsule)	NRV*
Beta-carotene	1,20 mg	25%
equivalent to vitamin A	200,00 µg	25%
Vitamin B1 (thiamine)	1,40 mg	127%
Vitamin B2 (riboflavin)	1,60 mg	114%
Vitamin B6 (pyridoxine)	2,00 mg	143%
Vitamin B12 (cobalamin)	2,50 µg	100%
Folic acid (B9)	200,00 µg	100%
Pantothenic acid (B5)	6,00 mg	100%
Vitamin C	60,00 mg	75%
Iron	14,00 mg	100%
Copper	1,00 mg	100%

\*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

**Ingredients:** Fillers (partially hydrogenated vegetable oil, peanut oil, mannitol), edible gelatine, calcium ascorbate, ferrous fumarate, humectant (glycerol), calcium pantothenate, emulsifier (soya lecithin), copper gluconate, vitamin B6, vitamin B1, vitamin B2, vitamin A, colouring agents (iron oxides), folic acid, vitamin B12.

**Additional information:** Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.