





# TopFit

The successor to TopVital One-A-Day

no  
IODINE

-  **Content**  
60 Piece / Capsules  
PZN 5605765  
RRP 31,90 €
-  **Recommended intake**  
1 Kapsel / day
-  **without**  
artificial flavorings, artificial conservation, genetic engineering, artificial colorants
-  **free of**  
peanut oil, fructose, gluten, yeast, lactose, soya protein/lecithin, sorbitol

## Daily stress-free and top fit.

Burgerstein TopFit contains a wide range of micronutrients combined with a highly concentrated ginseng extract. This recipe has been formulated according to current scientific knowledge.

As the successor to our "TopVital One-A-Day", it is in no way less powerful in its formulation! In addition, we have again managed to bring the daily dose in ONE capsule.

With its 20 ingredients, TopFit covers the daily upscale micronutrient needs and provides your body with the most important micronutrients.

- Vitamins: A, B1, B2, B3, B5, B6, B9, B12, biotin, C, D3 and E.
- Trace elements: Magnesium, iron, zinc, copper, manganese, selenium, molybdenum.
- Other contents: high quality ginseng extract (Panax ginseng, C.A.Meyer)

Vitamins C and E as well as selenium, manganese, copper and zinc help to protect cells from oxidative stress. Vitamins B2, B6, B12 and C, as well as magnesium contribute to normal functioning of the nerve system and reduce fatigue and tiredness. Ideal in times of increased stress or for daily supplementation.

- ... with 1 capsule per day for an intact immune system  
To promote physical and mental balance
- ... the nerves  
Vitamins B2, B6, B12 and C as well as magnesium contribute to normal functioning of the nervous system.
- ... with tiredness and fatigue  
Vitamins B2, B6, B12 and C as well as magnesium contribute to the reduction of tiredness and fatigue.
- ... the energy metabolism  
Vitamins B1, B2, B6, B12, C as well as copper, manganese and iron contribute to normal energy metabolism.
- ... with oxidative stress  
Vitamins C and E as well as selenium, manganese, copper and zinc help protect cells from oxidative stress.
- ... the immune system  
Vitamins B2, B6, B12, C, D, magnesium, biotin, manganese, copper, iron, zinc and selenium contribute to a normal immune system.
- ... best Ager / 50+  
Ensures adults at any age a sufficient basic supply of the most important micronutrients.
- ... for a better stress processing through all 8 B vitamins
- ... with ginseng extract

## Ginseng extract

The ginseng extract was changed to a new - higher concentrated ginseng extract (to Panax ginseng, C.A. Meyer). Thus, 36 mg of the new extract contain the same amount of usable ginsenosides as the 100 mg before. The roots contain the active ingredients, including ginsenosides. These are said to stimulate the metabolism, strengthen the immune system and have adaptogenic properties. Adaptogens are natural plant active ingredients that improve the ability to cope with stress factors.

## Magnesium

Magnesium - has been increased in the new recipe as it is needed in many metabolic processes in the body. It supports:

- the normal functioning of the nervous system and muscles
- the maintenance of bones & teeth
- the reduction of fatigue and tiredness



Nutritional values	Per daily portion (1 Kapsel)	NRV*
Beta-carotene	4,80 mg	100%
equivalent to vitamin A	800,00 µg	100%
Vitamin B1 (thiamine)	3,00 mg	273%
Vitamin B2 (riboflavin)	3,00 mg	214%
Vitamin B6 (pyridoxine)	10,00 mg	714%
Vitamin B12 (cobalamin)	12,00 µg	480%
Niacin (B3)	15,00 mg	94%
Pantothenic acid (B5)	16,30 mg	272%
Biotin (B7/H)	300,00 µg	600%
Folic acid (B9)	400,00 µg	200%
Vitamin C	100,00 mg	125%
Vitamin D3	10,00 µg	200%
Vitamin E	33,60 mg	280%
Magnesium	60,00 mg	16%
Iron	5,00 mg	36%
Zinc	5,00 mg	50%
Copper	1,00 mg	100%
Manganese	2,70 mg	135%
Selenium	50,00 µg	91%
Molybdenum	100,00 µg	200%
Ginseng extract	36,00 mg	-

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

**Ingredients:** Rapeseed oil, glazing agent (edible gelatin (bovine)), humectant (glycerin), calcium L-ascorbate, magnesium oxide, emulsifiers (mono- and diglycerides of fatty acids, lecithin), thickener (beeswax, yellow), ginseng extract (2.1%), D-alpha-tocopherol, iron bisglycinate, manganese gluconate, zinc bisglycinate, calcium D-pantothenate, nicotinamide, pyridoxine hydrochloride, copper gluconate, beta-carotene, thiamine mononitrate, riboflavin, colorants (iron oxides and iron hydroxides), pteroylglutamic acid, D-biotin, sodium molybdate, sodium selenate, methylcobalamin, cholecalciferol.

**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.