



## Coenzym Q<sub>10</sub>

naturally more energy for the body

Coenzyme Q<sub>10</sub> 30 mg Capsules

Coenzyme Q<sub>10</sub> 50 mg Lozenges

Coenzym Q<sub>10</sub> 100 mg Capsules



# Burgerstein Vitamine

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General information

## Who is Burgerstein?

Burgerstein is a family business that was founded in 1972 by Ulli Burgerstein in Switzerland. Burgerstein offers balanced micronutrient preparations that optimally support your body and thus your health. The human body needs vitamins and minerals to live. Without vitamins and minerals, certain metabolic processes are not possible. Every person is unique and therefore it is not possible to define a generally valid guideline for nutrient supply. It is a matter of habits or different stages of life as well as nutritional habits that result in a changed nutrient requirements.

## Orthomolecular medicine

Orthomolecular medicine focuses on substances that are naturally present in the body: Vitamins, minerals, trace elements, amino acids, essential fatty acids and enzymes. Absorbable excipients that are foreign to the body, such as preservatives, colourings and flavourings, are avoided.

## Interesting facts about micronutrients

Micronutrients often offer a well-tolerated option for the treatment or accompaniment of various clinical pictures and are not only necessary to cover the daily nutritional requirements. The Burgerstein Foundation, founded in 1982, promotes knowledge about the properties and effects of micronutrients. Its aim is also to make this knowledge known to a broad public. The Burgerstein Foundation trains professionals (pharmacists, doctors, etc.) and informs consumers with publications and an online information platform ([www.mikronaehrstoff-wissen.ch](http://www.mikronaehrstoff-wissen.ch)), which are based on scientific data. It is important to us to also inform about secondary plant substances, probiotics and other high-quality active substances, which can be wonderfully combined with micronutrients, and some of them even should.



# Quality is no coincidence!

Burgerstein products



The active ingredient formulations of Burgerstein products are developed in Switzerland by experienced, in-house scientists. The focus is always on the scientifically proven benefits of the product for the customer.

Burgerstein stands for honest products. The composition is shaped by scientific evidence, not by marketing considerations. Burgerstein preparations are produced in cooperation with highly specialised contract manufacturers in Germany and abroad. They manufacture the products in various dosage forms (tablets, capsules, powders, liquids, toffees) according to orthomolecular quality criteria that are precisely specified by Burgerstein.

The manufacturing conditions are adapted to the properties of the ingredients: Sensitivity to oxygen, moisture, light, etc.

Almost all Burgerstein products are filled into cans, labelled and, if necessary, provided with a folding box directly in the company's own GMP-certified premises. GMP stands for „Good Manufacturing Practice“, which means quality assurance of the production processes for medicinal products. Exceptions are made for products that have to be filled in blister packs for stability reasons - and for liquid dosage forms. Before release, the product is subjected to another thorough quality control. The galenics and dosage form used ensure optimal stability of the product.

## **Burgerstein products are natural:**

- Without artificial flavours
- Without artificial colouring
- Without artificial preservatives
- Without genetic engineering



# Coenzym Q<sub>10</sub>

General information

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## For whom or for what is coenzyme Q<sub>10</sub> suitable?

Coenzyme Q<sub>10</sub> is a key substance for the cellular power plants (= mitochondria) and is always needed when the cellular energy metabolism is particularly stressed or impaired:

- From the age of 30, the body's own production steadily decreases in the tissues that are active in energy, such as muscles, brain and liver.
- During mental and physical stress, the energy requirement is also increased at the cellular level.
- Coenzyme Q<sub>10</sub> has strong antioxidant properties and neutralises free radicals during oxidative stress.
- When taking statins (cholesterol-lowering drugs), the body's own synthesis of coenzyme Q<sub>10</sub> is blocked by the drug.

## Bioavailability of Coenzyme Q<sub>10</sub>

Coenzyme Q<sub>10</sub> is only found in very small levels in food. Although sardines are rich in coenzyme Q<sub>10</sub>, you would have to eat 2 kg of sardines to get 100 mg of coenzyme Q<sub>10</sub>. Therefore, supplementation makes perfect sense.

Since coenzyme Q<sub>10</sub> is highly fat-soluble, it is absorbed by the body only in small amounts. In modern formulations (e.g. lozenges), Q<sub>10</sub> is much better utilizable. Likewise, coenzyme Q<sub>10</sub> should be taken with meals to improve absorption through the fat in the food.

## What is the difference between ubiquinone and ubiquinol?

Increasingly, the reduced form of ubiquinone, ubiquinol, has been used in supplements in recent years. Compared to ubiquinone, this form is more unstable and significantly more expensive than the conventional ubiquinone. Since the body can easily convert the two forms, the use of ubiquinol currently offers few advantages.



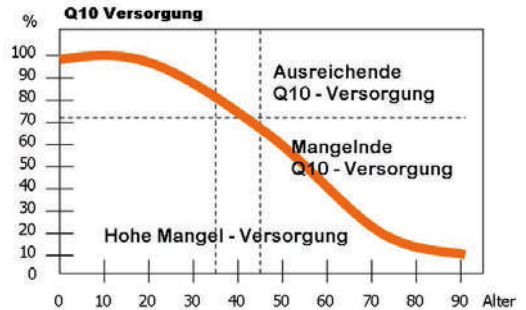
# Coenzym Q<sub>10</sub>

General information

## Coenzyme Q<sub>10</sub>, which is produced in the human body, has three main functions:

- It plays an indispensable role in the mitochondrial energy production of every single cell and is thus significant for the vitality and health of tissues and organs.
- It is a highly effective fat-soluble antioxidant that protects cell membranes and other structures from oxidative damage and reactivates (recycles) other depleted antioxidants (such as vitamin C and vitamin E).
- Coenzyme Q10 influences gene expression and has, for example, an anti-inflammatory effect.<sup>1</sup>

As we age, our body's production and ability to replenish these stores of coenzyme Q10 steadily declines.<sup>2</sup>



## Did you know?

Free radicals can be beneficial in small amounts, but in large amounts they can damage important parts of our cells such as DNA and proteins. Such oxidative stress caused by free radicals contributes to various diseases and even premature ageing. Antioxidants react with free radicals and neutralise them before they attack a cell.

<sup>1</sup> Schmelzer C, Lindner I, Rimbach G, et al., Functions of coenzyme Q<sub>10</sub> in inflammation and gene expression, Biofactors 2009;32(1-4):179-1 S3.

<sup>2</sup> Practice for Vital Substance Medicine Dr. Heinz Lüscher

# Coenzym Q<sub>10</sub> 30 mg

60 capsules | PZN 3052517



## Per daily portion (1 capsule)

Coenzym Q <sub>10</sub>	30 mg
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**Free from:** granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine



# Coenzym Q<sub>10</sub> 100 mg

30 capsules | PZN 5614161



## Per daily portion (1 capsule)

Coenzym Q <sub>10</sub>	100 mg
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**Free from:** peanut oil, fructose, gelatine, gluten, yeast, lactose, soy protein/soy lecithin, sorbitol, granulated sugar



Coenzyme Q<sub>10</sub> capsules are tasteless and odorless, with a vegetarian shell for convenient daily use. High-quality ubiquinone is used, which the body can metabolize effectively.



# Coenzym Q<sub>10</sub> 50mg



40 lozenges | PZN 5209093

100 lozenges | PZN 4802311

## Additional support for periodontitis\*

Patients with periodontitis have 20 to 63 percent lower coenzyme Q<sub>10</sub> concentrations in the tissues of the gums, according to an observational study. There is evidence that a low coenzyme Q<sub>10</sub> concentration accelerates the disease progression of gingivitis or periodontitis.

Local application of coenzyme Q<sub>10</sub> (lozenge) to the gums has been shown in initial studies to relieve gingival bleeding and reduce the depth of gingival pockets in both gingivitis and periodontitis. In addition, coenzyme Q<sub>10</sub> also reduced the amount of plaque bacteria when applied locally.

### Per daily portion (2 lozenges)

Coenzym Q<sub>10</sub> 100 mg

Bread unit\*\* 0,2

**Free from:** granulated sugar, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine

Orange flavour

2 lozenges/day



\*Sources: Brzozowska T.M. et al. (2007): Healing of periodontal tissue assisted by Coenzyme Q10 with Vitamin E: Clinical and laboratory evaluation. *Pharmacol Rep.* 2007;59:257–60 [https://www.researchgate.net/publication/239277801\\_Healing\\_of\\_periodontal\\_tissue\\_assisted\\_by\\_Coenzyme\\_Q10\\_with\\_Vitamin\\_E\\_-\\_clinical\\_and\\_laboratory\\_evaluation](https://www.researchgate.net/publication/239277801_Healing_of_periodontal_tissue_assisted_by_Coenzyme_Q10_with_Vitamin_E_-_clinical_and_laboratory_evaluation); Chatterjee, a: et al. (2012): Evaluation of Co-Q10 anti-gingivitis effect on plaque induced gingivitis: A randomized controlled clinical trial. *J Indian Soc Periodontol.* 2012 Oct;16(4):539–42. <https://www.ncbi.nlm.nih.gov/pubmed/23493408>; Hanioka, T. et al. (1994): Effect of topical application of coenzyme Q10 on adult periodontitis. *Mol Aspects Med.* 1994;15 Suppl:s241–8. <https://www.ncbi.nlm.nih.gov/pubmed/7752836>; Hans, M. et al. (2012): Clinical evaluation of topical application of perio-Q gel (Coenzyme Q(10)) in chronic periodontitis patients. *J Indian Soc Periodontol.* 2012 Apr;16(2):193–9. <https://www.ncbi.nlm.nih.gov/pubmed/23055584>; Hansen, I.L. (1976): Bioenergetics in clinical medicine. IX. Gingival and leucocytic deficiencies of coenzyme Q10 in patients with periodontal disease. *Res Commun Chem Pathol Pharmacol.* 1976 Aug;14(4):729–38. <https://www.ncbi.nlm.nih.gov/pubmed/959667>; Sale, S.T. et al. (2014): A comparative evaluation of topical and intrasulcular application of coenzyme Q10 (Perio Q™) gel in chronic periodontitis patients: A clinical study. *J Indian Soc Periodontol.* 18(4):461–465. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4158587/>

Further information can be found at: [www.burgerstein.at](http://www.burgerstein.at)

\*\*1 BU (bread unit) corresponds to 12 g of carbohydrates.



# More desire for health?

Further information can be found at: [www.burgerstein.at](http://www.burgerstein.at)



## Omega-3 liquid

150 ml | PZN 4853857

Burgerstein Omega-3 liquid is a tasty oil with natural orange flavour - **without fish taste**. Burgerstein Omega-3 liquid contains a balanced ratio of EPA and DHA and can be taken by the whole family (children from 2 years). The fish oil comes from sustainable fishing and is certified according to „Friend of the sea“.



## Spirulina

180 tablets | PZN 3052598

Spirulina is a freshwater algae and is obtained from controlled organic cultivation in freshwater cultures. Thanks to cultivation near the equator and the associated high UV radiation from the sun, Burgerstein Spirulina contains a comparatively high proportion of antioxidants. These include carotenoids such as beta-carotene, lutein and zeaxanthin.

A special focus is on phycocyanin, a deep blue, naturally occurring colour pigment contained in Burgerstein Spirulina in striking quantities.



## Vitamin C-Komplex

40 tablets | PZN 4023328

Burgerstein Vitamin C Complex contains vitamin C as well as plant substances from citrus fruits, rose hips and the Japanese cord tree. Vitamin C contributes to normal collagen formation to ensure the normal function of the blood vessels and skin. The valuable plant substances are an ideal supplement.

**Burgerstein products are available without prescription at your pharmacy.**

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