



Combination products

with special plant extracts

CardioVital

with olive oil and black garlic

Curcuma-Komplex

with turmeric & rosemary

Mood

with melissa & saffron



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), 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



General information



Combination products

Classic phytotherapy is a method of treating various diseases based on the use of medicinal plants.

Plants can be administered in fresh, dried form as well as by obtaining their active ingredients in a simple processing that preserves the structure of the natural component complex. Secondary plant substances are the end product obtained during the processing of plant material. The material can be used as a whole plant or its individual parts, essential oils and extracts. Biologically active substances are components that occur in plant cells.

Burgerstein focuses on combination products.

The use of micronutrients, as well as secondary plant substances - also known from phyto-products - is well documented and in combination can give very good synergies in versatile use. They are the most important influencing factors that help to achieve the desired result during a treatment. These include essential oils, organic acids, vitamins, glycosides and others.

What advantages do combination products offer?

- In addition to the selection of the right micronutrients, the secondary plant substances are selected according to positive studies, as well as gentle production of the plant substance.
- Environmental factors as well as the careful handling of the active ingredient are in the foreground.
- Combination products with special herbal extracts are already widely used throughout Europe and are considered to be very safe.



Turmeric



Black garlic



Saffron



Olive extract



Melissa



Rosemary

What makes CardioVital so special?

- **Black garlic**

Black garlic is not a separate plant species, but the common white garlic (*Allium sativum*). The bulb gets its black colour from a special fermentation process. After fermentation, this is odourless and tasteless & contains the active ingredient S-allylcysteine.

There are numerous indications that garlic has a positive influence on blood pressure and cholesterol. The ingredient „S-allylcysteine“ supports the reduction of cardiovascular risk.

Indications:

- o for the prevention and treatment of arteriosclerosis
- o for the supportive treatment of a disorder of the lipometabolism
- o for supportive treatment of mild high blood pressure

- **Olive extract with 10% hydroxytyrosol**

Hydroxytyrosol belongs to the group of polyphenols, has the highest bioavailability of all olive oil components and the highest ORAC value (stands for the ability to scavenge oxygen radicals), i.e. it is characterised by strong anti-oxidative properties. The ingredient hydroxytyrosol supports the improvement of blood lipid levels and anti-inflammatory activity.

- **Thiamine contributes to normal heart function**

- **Omega-3 EPA & DHA contribute to normal heart function**

- **Selenium helps protect cells from oxidative stress**

- **Vitamin K2 contributes to normal blood clotting**

- **Coenzyme Q10 supports energy production and contributes to normal heart function**

- **Hydroxytyrosol supports the improvement of blood lipid levels and anti-inflammatory activity**

- **Black garlic has a positive influence on blood pressure and cholesterol levels**

- **S-allylcysteine supports the reduction of cardiovascular risk**

Food supplement with olive and garlic extract, coenzyme Q10, selenium, vitamin K2, thiamine and omega-3 fatty acids. Burgerstein CardioVital is a comprehensive food supplement for cardiovascular health. Burgerstein CardioVital contains thiamine, omega-3 EPA and DHA, which contribute to normal heart function. Olive oil polyphenols help protect blood lipids from oxidative stress. The formulation is supplemented with coenzyme Q10, vitamin K2 and selenium.

For whom is Burgerstein CardioVital particularly suitable?

For all persons,

- who want to support their cardiovascular system
- who care about their vascular health

Active older people,

- who enjoy exercise and sport

Per daily portion (1 capsule)		NRV*
vitamin B1	0,55 mg	50%
vitamin K2	45 µg	60%
selenium	100 µg	182%
coenzyme Q10	100 mg	—
of which multiple fatty acids Omega-3	≥ 330 mg	—
(212 mg DHA / 38 mg EPA)	≥ 250 mg	—
olive extract Hytolive®	50 mg	—
of which Hydroxytyrosol	5 mg	—
black garlic extract (ABG25+®)	100 mg	—



Recommended intake: Take 1 capsule daily with a little liquid

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

Originating from the ginger family, turmeric (*Curcuma longa*) is much more than just a spice plant. The intensely yellow coloured turmeric powder is commonly known as one of the main ingredients of curry.

The dried and powdered curcuma longa root with curcumin as an important ingredient gives the curry its characteristic colour. Native to India and South East Asia, turmeric has been used therapeutically in traditional Chinese and Indian medicine for over 4000 years. Today, India is still the leader in the cultivation of turmeric and produces about 80% of the world's harvest.

In our country, the manifold effects of turmeric extracts have only become better known in recent years. The large selection of different galenic formulations and the often low bioavailability are repeatedly criticised. It is therefore very important to pay close attention to the choice of turmeric extract when buying a food supplement containing turmeric.

What are the benefits of the curcuma root extract Cureit®?

- Contains a wide range of active turmeric ingredients - not only curcuminoids
- Contains no excipients foreign to curcuma
- Proven excellent bioavailability of curcumin - no need for piperine with its disadvantages (irritation of mucous membranes, interaction potential with certain drugs)



What added value does Burgerstein Curcuma Complex offer?

- **High quality ingredients - 100 % Curcuma longa root**
 - Burgerstein Curcuma Complex contains Cureit® as turmeric extract. This extract not only contains curcuminoids, but also packs them into a matrix of other curcuma components. This means that artificial or non-curcuma excipients in the turmeric extract can be dispensed with, which often have to be used in other products to improve bioavailability.
 - Turmeric and rosemary extract from controlled cultivation.
 - It contains the full range of vitamin E compounds (tocopherols and tocotrienols). Vitamin E is extracted from rice and not from palm oil.
- **Best possible absorption and utilisation of turmeric in the body**
 - With patented PUS technology, which enables very good absorption through the intestine. PUS (= Polar-Unpolar-Sandwich): Curcuminoids and components of the turmeric oil in the core are not water-soluble; thanks to the PUS-technology they are coated by water-soluble components of the turmeric root - so the turmeric components can easily pass the intestinal wall. Normal turmeric is almost not absorbed by the body.
- **Versatile in use**
- **Useful combination with rosemary and vitamin E**
- **No artificial flavourings, additional additives and colourings**
- **Available as capsules: no discolouration of teeth, clothes etc.**

Per daily portion (2 capsules)		NRV*
vitamin E	3 mg	25 %
turmeric root extract (Cureit®)	250 mg	—
of which curcuminoids	112 mg	—
rosemary extract	50 mg	—

Recommended intake: 1 capsule 2 times daily

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



Burgerstein Mood contains two patented extracts of saffron and balm of the highest quality from controlled cultivation. The formulation is supplemented by vitamins B6 and B12, which support the nervous system and contribute to normal mental function. Zinc also contributes to normal cognitive function.

Perfect and balanced dosage for adults and children (from 10 years) who are in a difficult or stressful phase of life.

Burgerstein Mood supports ...

- ... with mood disorders, moods, slight depression
- ... with stress, inner unrest, states of tension
- ... with poor sleep quality
- ... with reduced cognitive performance (attention, memory)





Melissa



Saffron

Ingredients

Lemon balm extract has a calming effect and has an influence on mental performance and stress tolerance. By inhibiting monoaminoxxygenase enzymes¹ in the brain, lemon balm extract has a mood-lifting, anxiety-relieving effect and can improve mental receptivity. Particularly mood swings, inner restlessness, poor sleep quality and concentration problems are a central theme. Melissa increases mental performance (attention, memory), but also has a calming effect and improves the quality of sleep.

Saffron extract - the mood-lifting effect of saffron is probably due to the crocin contained in saffron, which is converted to crocetin in the small intestine. Saffron extract regulates the release of the stress hormone cortisol in the body. It also helps to regulate the increased glutamate secretion during mental exhaustion. It also helps to maintain serotonin and dopamine levels. The effects on these brain messengers have a positive influence on your mood.

Folic acid, vitamin B6, nicotinamide - are important co-factors for the formation of the neurotransmitter serotonin.

Pantothenic acid - plays a central role in energy metabolism in the cell and is involved in over 100 reactions.

Zinc - contributes to a normal function of the immune system.

¹ Monoaminoxidase enzymes are responsible for breaking down serotonin, norepinephrine and dopamine, thereby reducing their availability for signal transmission in the brain

Good to know:

Saffron is not always the same. Saffron powder in particular is often mixed with curcuma. Even the dried tubular flowers of the safflower have nothing to do with the threads of *Crocus sativus* flower. Genuine saffron must meet various quality standards.

To extract the effective components from the saffron, various extraction methods can be carried out. Depending on the plant subspecies and the applied extraction processes the composition of the extracts can greatly vary. The extracts should come from a clearly defined plant subspecies and from controlled cultivation with standardised procedures. In addition, the effectiveness of the extracts must be proven by clinical studies, as the study results can not be transferred from one extract to another.

The high-quality and standardised saffron extract affron[®], which is used in Burgerstein Mood is mainly taken from *Crocus sativus* fields in Spain (plateau of La Mancha).

	Per daily portion (1 capsule)	NRV*	Per daily portion (2 capsules)	NRV*
vitamin B6 (Pyridoxine)	1,75 mg	125%	3,50 mg	250%
vitamin B12 (Cobalamine)	3,50 µg	140%	7,00 µg	280%
folic acid	250,00 µg	125%	500,00 µg	250%
vitamin B3 (Niacin)	20,00 mg	125%	40,00 mg	250%
vitamin B5 (Pantothenic acid)	7,50 mg	125%	15,00 mg	250%
vitamin D3	7,50 µg	150%	15,00 µg	300%
zinc	2,50 mg	25%	5,00 mg	50%
saffron extract (affron [®])	14,00 mg	—	28,00 mg	—
thereof crocin and safranal	0,50 mg	—	1,00 mg	—
melissa extract (Bluenesse [®])	300,00 mg	—	600,00 mg	—
thereof rosmarinic acid	18,00 mg	—	36,00 mg	—



Recommended intake: Children 10 - 11 years: 1 capsule daily. Children 12 years and older as well as adults: In the morning and evening 1 capsule each.

Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, gelatine

More desire for health?

Further information can be found at: www.burgerstein.at



B-Komplex B50

30 tablets | PZN 3999493

Burgerstein B-complex B50 contains all eight B-vitamins. For the physical and mental health/ performance. For example, the contained vitamin B12 can contribute to a normal energy metabolism and reduction of tiredness and exhaustion. Vitamin B6 also supports normal function of the nervous system and contributes to a normal mental function.



MagnesiumVital

90 tablets | PZN 4069684

Magnesium fulfils many tasks in the metabolism. It supports the normal function of the nervous system and muscles, is important for the maintenance of bones and teeth and a balanced electrolyte balance. In addition, magnesium helps to reduce fatigue and tiredness as well as to maintain a normal mental function. Burgerstein Magnesium Vital contains well utilizable organic magnesium compounds.



TopFit

60 capsules | PZN 5605765

Burgerstein TopFit with vitamins, minerals and vegetable ingredients such as ginseng supplement the daily diet and can make a contribution to well-being. For example, vitamin B12 and iron support the normal functioning of energy metabolism and reduce fatigue. The water-soluble vitamin C is involved in the normal function of the immune system. Just one capsule is enough to cover the commonly recommended daily intake of many of these essential micronutrients.

Burgerstein products are available without prescription at your pharmacy.

Burgerstein GmbH Österreich

Währinger Straße 20/12, A-1090 Vienna, Austria

Mail: service@burgerstein.at | **Tel.:** +43 / 1 / 309 33 25 – 0 | **Fax:** +43 / 1 / 310 31 28



 **Burgerstein Vitamine**