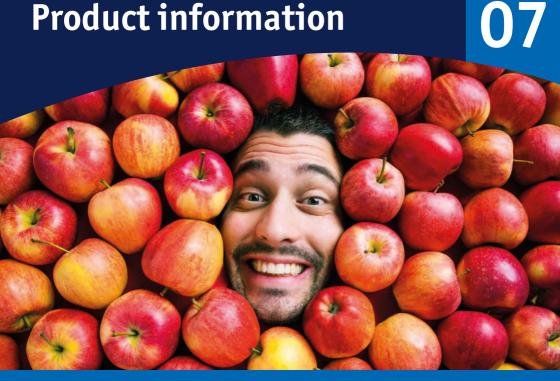
Product information



Multivitamins

the allrounders

Multivitamin-Mineral CELA Schwangerschaft & Stillzeit Sport TopFit

VI Burgerstein Vitamine

Burgerstein Vitamine



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.mikronährstoff-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



Multivitamin-Mineral CELA



100 tablets | PZN 3052629

Burgerstein Multivitamin-Mineral CELA is a comprehensive basic preparation for the whole family (children from 12 years) and has been one of the most popular multivitamin-mineral preparations for decades. Optimally balanced vitamins, minerals and trace elements make an important contribution to your health and well-being. Burgerstein Multivitamin-Mineral CELA contains easily utilisable, organic compounds that can be optimally absorbed by the body, as well as natural vitamin E from vegetable oils.



When is Burgerstein Multivitamin-Mineral CELA particularly suitable?

As a balanced food supplement for adults and children from 12 years of age.

• To support the metabolism

iron contributes to normal energy metabolism magnesium contributes to a normal muscle function vitamin B12 contributes to a normal red blood cell formation zinc contributes to a normal cognitive function zinc contributes to a normal metabolism of macronutrients

• Growing children iodine contributes to the normal growth of children

• In the winter months vitamin C contributes to the normal function of the immune system vitamin D contributes to a normal immune system function in children

- During a diet
- When taking certain medicines (e.g. birth control pills) & for vegetarians

100 tablets | PZN 3052629

Chelates - what exactly is that?

A chelate is a compound of an organic and a mineral part. The mineral part in a mineral chelate is a metal ion. The organic part can be e.g. an amino acid, lactate, citrate, hydrolysed protein or one or more amino acids from hydrolysed protein or a synthetic compound.

Chelates are characterised by the fact that they can bind the metal ion much more firmly to themselves and are not split off in the stomach by the hydrochloric acid and can thus be passed through the intestinal mucosa much better than inorganic metal salts.

The bioavailability is therefore much higher than that of inorganically bound minerals and also higher than that of many other organically bound mineral salts.

Recommanded intake: Take 2 tablets daily with some liquid

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



Per daily portion (2 tablets)		NRV*
Beta-carotene	4,8 mg	_
equivalent to vitamin A	800,0 µg	100%
Vitamin D3 (800 IE)	20 µg	400%
Vitamin E	12 mg	100%
Vitamin K	75 µg	100%
Vitamin C	240 mg	300%
Vitamin B1	1,1 mg	100%
Vitamin B2	1,4 mg	100%
Vitamin B6	1,4 mg	100%
Vitamin B12	7,5 µg	300%
Pantothenic acid (B5)	6 mg	100%
Niacin (B3)	16 mg	100%
Biotin (B7)	150µg	150%
Folic acid	600 µg	300%
Calcium	240 mg	30%
Magnesium	120 mg	40%
Iron	14 mg	100%
Zinc	5 mg	50%
Selenium	55 µg	100%
Copper	1 mg	100%
Iodine	150 µg	100%
Manganese	2 mg	100%
Molybdenum	50 µg	100%
Chrome	40 µg	100%





Schwangerschaft & Stillzeit



60 tablets | PZN 3951575

During and after pregnancy, the need for vitamins, minerals and trace elements is increased. Burgerstein Schwangerschaft & Stillzeit has been specially designed to meet the increased needs of the mother and support the growth and development of the child.



When is Burgerstein Schwangerschaft & Stillzeit particularly suitable?

• For the folic acid level

A low folate level in pregnant women is a risk factor for the development of neural tube defects in the growing foetus. The positive effect is achieved with a supplementary intake of at least 400 µg daily over a period of at least one month before and up to three months after conception.

• For the maternal tissue and muscles

Folate contributes to the growth of maternal tissue during pregnancy Magnesium contributes to a normal muscle function

- For blood formation and iron metabolism Folate contributes to a normal blood formation Copper contributes to a normal iron transport in the body Vitamin C increases iron absorption Iron and vitamin B6/B12 contribute to the normal formation of red blood cells and haemoglobin
- To reduce tiredness and fatigue Folate and iron contribute to the reduction of tiredness and fatigue
- For connective tissue

Copper contributes to the maintenance of normal connective tissue Manganese contributes to a normal connective tissue formation

Schwangerschaft & Stillzeit

60 tablets | PZN 3951575



Special notes

Good tolerance thanks to the balanced dosage and the careful selection of raw materials. With 600 micrograms of folic acid for the development of the child's central nervous system and 30 mg of organic iron for increased blood formation.



Quatrefolic[®] is a high-quality folate that is already available in the biologically active form and can therefore be directly absorbed and utilised by the body without conversion. This also means that no conversion losses can occur.



Per daily portion (2 tablets)		NRV*
Beta-Carotin	2,4 mg	50%
Vitamin B1	2,2 mg	200%
Vitamin B2	2,8 mg	200%
Vitamin B6	2,8 mg	200%
Vitamin B12	5 µg	200%
Niacin (B3)	32 mg	200%
Pantothensäure (B5)	12 mg	200%
Biotin (B7)	100µg	200%
Folsäure (Quatrefolic [®])	600 µg	300%
Vitamin C	160 mg	200%
Vitamin D3	7,5 µg	150%
Vitamin E	24 mg	200%
Vitamin K1	75 µg	100%
Kalzium	300 mg	38%
Magnesium	200 mg	53%
Zink	10 mg	100%
Eisen	30 mg	214%
Mangan	2 mg	100%
Kupfer	1 mg	100%
Chrom	40 µg	100%
Molybdän	50 µg	100%
Jod	150 µg	100%
Selen	55 µg	100%

Recommanded intake: Take 2 tablets daily with some liquid

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

Further information can be found at: www.burgerstein.at | *NRV = Reference quantity for daily intake according to EU Food Information Regulation (LMIV

Sport



60 tablets | PZN 3328468

Antioxidants such as vitamins C and E, zinc and selenium help to protect the cells from oxidative stress. Various vitamins and trace elements support the immune system, energy metabolism and protein synthesis. In addition, magnesium and calcium contribute to a normal muscle function. The formulation is supplemented with a berry extract.

During intense physical activity, a lot happens in the body: the exertion causes antioxidants to accumulate in the body, which should be excreted. Through sweating, minerals are excreted that should be returned to the body. For this purpose, the vitamin and mineral balance is particularly challenged and should be supported.

The vitamins, minerals and trace elements contained in Burgerstein Sport are specially designed for amateur and competitive athletes. It is perfectly possible to take them over a longer period of time.

A combination with creatine or L-carnitine is recommended depending on the type of sport.



Special notes

- The added berry extract has a high ORAC value (value for antioxidant capacity/protective effect).
- The modularly designed Burgerstein Sport formula enables individual adaptation to body weight and training and performance intensity.

60 tablets | PZN 3328468

For whom is Burgerstein Sport particularly suitable?

For competitive & amateur sports

- Magnesium, calcium, vitamin D contribute to the maintenance of normal muscle function
- Vitamin C, E, selenium and zinc help protect cells from oxidative stress

Good performance can only be achieved when the micronutrient balance is well balanced. Burgerstein Sport provides you with optimal support.



Per daily portion (1 tablet)		NRV*
Beta-carotene	2,0 mg	—
equivalent to vitamin A	33,3 µg	42%
Vitamin B1	2,4 mg	218%
Vitamin B2	2,6 mg	186%
Vitamin B6	3 mg	214%
Vitamin B12	12 µg	480%
Niacin (B3)	16 mg	100%
Pantothenic acid (B5)	15 mg	250%
Biotin (B7)	150 µg	300%
Folic acid (Quatrefolic [®])	300 µg	150%
Vitamin C	180 mg	225%
Vitamin D3	20 µg	400%
Vitamin E	30 mg	250%
Vitamin K	100 µg	133%
Calcium	200 mg	25%
Magnesium	100 mg	27%
Zinc	5 mg	50%
Iron	12 mg	86%
Manganese	1,5 mg	75%
Copper	0,8 mg	80%
Chrome	100 µg	250%
Molybdenum	50 µg	100%
Iodine	100 µg	67%
Selenium	55 µg	100%
Berry & fruit extract	50 mg	_

Recommanded intake: Take 1 tablet daily with some liquid

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



TopFit

60 capsules | PZN 5605765

Burgerstein TopFit with vitamins, minerals and herbal ingredients such as ginseng supplements the daily diet and can make a contribution to well-being. For example, vitamin B12 and iron contribute to the normal function of the energy metabolism and to 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 usually recommended daily amount of many of these essential micronutrients.



When should Burgerstein TopVital One-A-Day be used?

- To help you get in even better shape physically and mentally
- To give you back the energy you need for your job, household and leisure time
- A balanced multivitamin-trace element supplement for increased daily requirements
- With special ginseng extract (Panax Ginseng C.A.Meyer) for more energy
- Contains the most important antioxidants to protect against excess free radicals
- Contains all 8 B vitamins in concise doses for better stress management
- For all people 50+ (ensures a sufficient basic supply of the most important micronutrients)

60 capsules | PZN 5605765

Ginseng

In traditional Chinese medicine, ginseng has been known as a remedy for over 2000 years. In the Chinese language, ginseng is called "Jen Shen", which means "human root". 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.

In addition, ginseng is said to fight fatigue, help against states of exhaustion and prevent a cold, for example.



Per daily portion (1 capsule)		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%
Vitamin B3 (niacin)	15,00 mg	94%
Vitamin B5 (pantothenic acid)	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	_

Recommanded intake: Take 1 capsule daily with some liquid

Free from: peanut oil, fructose, gluten, yeast, lactose, soya protein/lecithin, sorbitol

More desire for healthy?

Further information at: www.burgerstein.at



Eisen plus

150 capsules | PZN 3089609

Burgerstein Eisen plus contains organic iron and copper supplemented with vitamins A, B1, B6, B12, pantothenic acid and folic acid. Burgerstein Eisen plus is well tolerated and should be taken regularly and over a long period of time. The vitamin C contained increases iron absorption and copper contributes to a normal iron transport in the body.



EyeVital

100 capsules | PZN 4251851

Burgerstein EyeVital is tailored to the needs of the eyes and contains the carotenoids lutein and zeaxanthin in addition to vitamins, trace elements and taurine. Zinc and vitamin B2 contribute to the maintenance of normal vision and manganese and copper help to protect the cells from oxidative stress.



OsteoVital forte



120 tablets | PZN 5680815

Calcium and magnesium are needed to maintain normal bones and teeth and are therefore important building blocks. Other vitamins and trace elements contained in Burgerstein OsteoVital forte also support the bone metabolism - vitamin K, zinc and manganese help to maintain bones, vitamin C aids normal collagen formation and vitamin D3 contributes to the absorption and utilisation of calcium. Burgerstein OsteoVital forte also contains calcium from vegetable sources and vitamin K2, which is particularly bioavailable.

Burgerstein products are available without prescription at your pharmacy.

Burgerstein GmbH Österreich

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