



Special combinations

the specialists for your health

Brain PS

CardioVital

ChondroVital

Eisen plus

EyeVital

FlexVital

Hair&nails

ImmunVital

OsteoVital



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.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



Brain PS

90 pcs. | PZN 3893748

The breakfast tip

Thinking and learning requires a lot of power. So that little learners can also call on this energy at school, their day should start with real „brain food“. This includes yoghurt, fruit, oatmeal, a wholemeal cheese sandwich with peppers or a glass of milk.

The liquid tip

Our body consists of 70% water. Water plays an essential role in the transport of nutrients in the body. Even slight deficiencies in fluid intake lead to poor concentration. Children between the ages of 4 and 10 should drink at least 1 litre of fluid daily.

The exercise tip

Exercise improves the brain's oxygen and sugar supply and thus its performance. So perhaps cycle to school or go out into the „fresh air“ after school.

The Post-it trick

Repetition is very important for memorising learned things. If you don't want to stick your nose in textbooks all the time, you can also use the small, self-adhesive pieces of paper. Whether vocabulary, terms or history data - Post-its can be stuck everywhere and turn every home into an exciting „learning journey“.

The sleep trick

Actually, getting enough sleep is not a trick, but an important prerequisite for health and, among other things, the ability to concentrate. Mental work is not possible without sleep. During sleep, what we have learned is „shifted“ into our memory. So we literally learn „in our sleep“.

Did you know that ...

... phosphatidylserine (PS) is the most important acidic aminophospholipid in the brain and an essential component of all cell membranes in the body? Together with other membrane phospholipids, PS plays a central role in communication between cells and in the transmission of biochemical signals into the cell interior.

... phosphatidylserine also shows positive study results in sports, where concentration and a good reaction capacity are required?

Brain PS

90 pcs. | PZN 3893748

Burgerstein Brain PS contains pantothenic acid as well as natural phosphatidylserine from soy lecithin, which occurs in high concentrations in brain cells. Pantothenic acid contributes to normal mental performance and a normal, well-functioning energy metabolism.

School, university and work demand top performance from our brain, constant attention and an alert mind. For example, concentrated and efficient learning is essential when preparing for exams. Support your mental performance now.

Together with other phospholipids, phosphatidylserine is an important basic building block of cell membranes. It plays a key role in communication within the cell and in the transmission of biochemical signals into the cell interior. It is also necessary for the exchange of information between cells. It influences the release of messenger substances such as serotonin or dopamine and thus leads to increased mental performance (concentration, memory, learning ability).

When is Brain PS particularly suitable?

- **Elderly people:** A regular intake of phosphatidylserine (PS) can have a positive influence on the maintenance of mental capacity and memory performance.
- **Pupils and students:** Especially during exam preparation, where concentrated and efficient learning is required.
- **People with high demands at work and in everyday life:** The increased demands at work and in everyday life, as well as the daily flood of information, require constant attention and an alert mind.

Per daily portion (3 capsules)		NRV*
Phosphatidylserine	300 mg	—
Pantothenic acid (Vitamin B5)	18 mg	300%

Recommended intake: Take 3 capsules daily with some liquid

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



CardioVital with olive and black garlic extract

General information

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:

- for the prevention and treatment of arteriosclerosis
- for the supportive treatment of a disorder of the lipometabolism
- 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

CardioVital with olive and black garlic extract

30 capsules | PZN 5429877

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	45,00 µg	60%
selenium	100,00 µg	182%
coenzyme Q10	100,00 mg	–
of which multiple fatty acids Omega-3	≥ 330,00 mg	–
(212 mg DHA / 38 mg EPA)	≥ 250,00 mg	–
Olive extract Hytolive®	50,00 mg	–
of which Hydroxytyrosol	5,00 mg	–
Black garlic extract (ABG25+®)	100,00 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

Chondroitin sulfate and glucosamine

General information



Both chondroitin sulfate and glucosamine are important physiological components of cartilage and are very often used together to support cartilage health (hip, knee).

The cartilage matrix is subject to continuous formation and degradation. Cartilage-degrading enzymes (MMP = matrix metalloproteinases) are at the forefront as a disruptive factor in this balance. It has long been known that glucosamine and chondroitin sulfate have a positive influence on this process. In a study it

could be shown that a combination of these two active substances with further trace elements (e.g., manganese and copper) and vitamins brings additional benefits.¹

Often, changes develop insidiously and remain unnoticed for several years. Therefore, special attention should be paid to the protection of the cartilage matrix at an early stage.

Chondroitin sulfate

It is an important structural component of cartilage tissue and contributes, among other things, to its resistance to compression. Chondroitin sulfate is also found in tendons and ligaments, bones, blood vessels and in the skin and is jointly responsible for various biological functions:

- stimulation of proteoglycan² and collagen type II synthesis
- reduction of catabolic activity of chondrocytes (inhibition of metalloproteinases, MMP)
- anti-inflammatory properties
- immunomodulatory properties
- antioxidant properties
- increase of synovial fluid viscosity

¹ Fiebich B. et al., Ernährung & Medizin 2007; 22: 75 – 79.

² Proteoglycans are an important component of the extracellular matrix - for example in cartilage tissue.

Chondroitin sulfate and glucosamine

General information

Glucosamine

Glucosamine is an amino sugar that is naturally formed in the human metabolism. In the organism, glucosamine serves as a building block for the biosynthesis of various macromolecules in the articular cartilage and synovial fluid. These include glycosaminoglycans, proteoglycans and hyaluronic acid. Among other things, glucosamine has anti-inflammatory and pain-reducing properties.

Chondroitin sulfate and glucosamine for osteoarthritis

Summary by Hugo Schurgast



For the treatment of arthrosis with the SYSA-DOAs (symptomatic-slow-actin drugs in osteoarthritis) chondroitin sulfate and glucosamine (individually or in combination) there is good scientific evidence now: Less pain and inflammation, reduction of joint space narrowing, improvement of functionality and quality of life with a good benefit-risk balance make chondroitin sulfate, but also glucosamine, a practicable first-line treatment, especially in the case of knee arthrosis.

However, a number of conditions must be met in order to achieve these positive effects:

- quality of the active ingredients
- correct dosage
- depending on the objective, a sufficiently long intervention period (compliance of the patient!)

Important information:

- Attention in case of allergy to shellfish, as glucosamine is obtained from shellfish!
- Chondroitin sulfate is not suitable for pregnant and lactating women, children, adolescents and people taking anticoagulant medication.
- Patients taking anticoagulants should consult their physician before taking vitamin K supplements.

ChondroVital

90 tablets | PZN 5687125

180 tablets | PZN 5687131

ChondroVital supports:

- **all people**, especially the older, athletes and for those who do physical work.
- **Cartilage and bones:** Vitamin C contributes to normal collagen formation for normal cartilage function and for normal bone function. Vitamins D and K and zinc contribute to the maintenance of normal bones.
- **Connective tissue:** Manganese contributes to normal connective tissue formation; copper contributes to the maintenance of normal connective tissue.
- **the cells:** Zinc, selenium, copper and manganese, as well as vitamins C and E, help protect cells from oxidative stress.
- **for joint & cartilage problems**
- **in case of arthrosis and joint overload**

Nutritional values	Per daily portion (3 tablets)	NRV*
Vitamin B3 (niacin)	32,00 mg	200%
Vitamin C	160,00 mg	200%
Vitamin D3	15,00 µg	300%
Vitamin E	24,00 mg	200%
Vitamin K1	75,00 µg	100%
Zinc	5,00 mg	50%
Manganese	2,00 mg	100%
Copper	1,00 mg	100%
Selenium	55,00 µg	100%
Glucosamine	750,00 mg	–
Chondroitin sulfate	500,00 mg	–



Recommended intake: Take 3 capsules daily with some liquid

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

Too less sun? Vitamin D insufficiency?



Main thing: Healthy



- Sun power from inside for the immune system
- For all people who spend little time outdoors
- For babies and children - neutral-tasting D3 spray

Swiss quality.
Over the counter at your pharmacy.

www.burgerstein.at



Burgerstein Vitamine

Iron

The fuel for your blood formation.



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

For whom is Burgerstein Iron plus particularly suitable?

- **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 occurs 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.

- **People with iron deficiency**

If an iron deficiency is detected, Burgerstein Iron plus can be taken on a long-term basis to sustainably increase the iron level again.

Eisen plus

150 pcs. | PZN 3089609

...because blood does not only consist of iron:

Copper: necessary for the formation of the red blood pigment haemoglobin

B vitamins: important for a well-functioning blood formation

Vitamin C: improves the utilisation of iron

Did you know?

Folic acid is not only needed in large quantities for the development of the foetus, but also for cells that decay quickly and need to constantly renew themselves. These include intestinal wall cells, lung cells and blood cells.

Symptoms of iron deficiency¹:

Consequences of iron deficiency can include: Anaemia, pallor of the skin, rough/brittle skin, rapid fatigue, reduced performance, headaches, sensitivity to the weather, grooves in the fingernails, cracks in the corners of the mouth, etc.

In athletes: reduced performance, more rapid formation of lactic acid in the muscles - associated with muscle cramps

Per daily portion (1 capsule)		NRV*
Iron	14,0 mg	100%
Beta-carotene	1,2 mg	–
equivalent to vitamin A	200,0 µg	25%
Vitamin B1	1,4 mg	127%
Vitamin B2	1,6 mg	114%
Pantothenic acid	6,0 mg	100%
Vitamin B6	2,0 mg	143%
Vitamin B12	2,5 µg	100%
Folic acid	200,0 µg	100%
Vitamin C	60,0 mg	75%
Copper	1,0 mg	100%



Recommended intake: 1 capsule daily with a meal

Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast

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

*NRV = Reference quantity for daily intake according to EU Food Information Regulation (LMIV)

¹ Source: Burgerstein Handbuch Nährstoffe - 13th edition

EyeVital

100 pcs. | 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 help to maintain normal vision and manganese as well as copper helps to protect cells from oxidative stress.

For whom is Burgerstein EyeVital particularly suitable?

- **For all people who frequently work/sit in front of a screen**
(computer, television, reading)
- **For strong sun exposure**
- **To protect the eyes**
Manganese and copper help to protect the cells from oxidative stress
- **From about 45 years of age**
Lutein and zeaxanthin occur naturally in the retina - with age the concentration of the two carotenoids decreases

Did you know?

Lutein and zeaxanthin are accumulated in the retina at the point of sharpest vision. There they form the so-called macular pigment, which acts as a light filter and antioxidant. A low concentration of this pigment is associated with a form of age-related visual impairment.

EyeVital

100 pcs. | PZN 4251851

Why is vitamin C, E, selenium, etc. also included?

The highly sensitive structures of the eye are also very susceptible to damaging oxidative processes. For example, scientific studies have shown that the clarity of the eye's lens can be much better maintained by a good and regular supply of antioxidants such as vitamin C, E, selenium, etc.

Taurine protects against various toxic effects of environmental and metabolic toxins on the liver, kidneys, heart, nerves, eyes, etc. It supports the liver in the breakdown of potentially harmful metabolic products and in the mobilisation of toxic heavy metals. Furthermore, taurine is found exclusively in animal foods.

Per daily portion (1 capsule)		NRV*
Beta-carotene	2,0 mg	42%
Vitamin B1	1,4 mg	127%
Vitamin B2	1,6 mg	114%
Vitamin B6	2,0 mg	143%
Niacin	18,0 mg	112%
Folic acid	200,0 µg	100%
Vitamin C	60,0 mg	75%
Vitamin E	30,0 mg	250%
Zinc	5,0 mg	50%
Manganese	1,0 mg	50%
Copper	1,0 mg	100%
Selenium	50,0 µg	91%
Lutein	18,0 mg	—
Zeaxanthin	0,9 mg	—



Recommended intake: Take 1 capsule daily with some liquid

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

Eggshell membrane

General information

As support for pain in the knees, hips, shoulders, wrists or ankles. More and more people suffer from a diagnosed joint disease. But far more people suffer from constantly recurring pain in their joints due to a wide variety of causes. Joint pain means a severely restricted enjoyment of life for the person affected, because often even the slightest movement hurts!

For mobility and enjoyment of movement, it is important, among other things, to supply the joints, cartilage, ligaments and tendons with an optimal combination of nutrients and active substances.

Pain-free with eggshell membrane? How does it work?

We are all familiar with the robust egg membrane of hard-boiled or freshly cracked eggs, which sticks to the inside of the limeshell. This fine membrane, the so-called eggshell membrane, consists of two thin layers of connective tissue. They enclose the chicken embryo and serve to cushion it against shocks and protect it from microorganisms and dehydration.

But how does that benefit humans? Scientists found out that the composition of the eggshell membrane corresponds almost 100% to the ingredients of human cartilage. This makes it ideal for supplying nutrients to our cartilage.

Eggshell membrane contains a purely natural combination of exactly the nutrients that are important for keeping cartilage and joints healthy:

- Collagen (type I, V and X)
- Chondroitin sulphate
- Glucosamine
- Hyaluronic acid
- Dermatan sulphate
- Keratan sulphate
- Lysozymes
- Desmosine and isodesmosine (amino acids for elastin)
- Methionine and cysteine (sulphur-containing amino acids)
- Beta growth factors

While the body's own collagen improves the general structure of the cartilage, glucosamine protects the cartilage like an airbag against pressure loads. In addition, glucosamine stimulates the production of the gel-like synovial fluid that ensures smooth movement.

Chondroitin promotes the elasticity of cartilage. The substance produced by the chondroblasts is an important component of cartilage tissue and contributes to its resistance to compression.

Food supplement with eggshell membrane, vitamin E, manganese, selenium and boron. Burgerstein FlexVital contains patented, partially hydrolysed eggshell membrane, which is particularly well utilised by the body. The joint formula is supplemented with a vitamin E complex and the trace elements boron, selenium and manganese, which contribute to the maintenance of normal connective tissue formation and bones.

Advantages

- **Joint formula with patented, partially hydrolysed eggshell membrane**
 - Is particularly well absorbed by the body
 - Scientifically tested
 - Eggshell membrane consists of 100% natural collagen, hyaluronic acid, chondroitin, glucosamine and up to 70 other proteins
- **Useful supplement to the joint complex**
 - With comprehensive vitamin E complex
 - With tocopherol AND tocotrienols (obtained from rice instead of palm oil)
 - With the trace elements boron, selenium and manganese, which contribute to the maintenance of normal connective tissue formation and bones
 - Vitamin E, selenium and manganese help to protect cells from oxidative stress.
- **No artificial colours, flavours or preservatives**
- **For use when needed for a short time or as a cure**

Nutritional values	per daily portion (1 capsule)	NRV*
Vitamin E-Komplex (Tocotrienol-Tocopherol)	7,5 mg	–
thereof vitamin E	3,0 mg	25%
Manganese	2,0 mg	100%
Selenium	55,0 µg	100%
Boron	0,9 mg	–
Partially hydrolysed Eggshell membrane	500,0 mg	–



Recommended intake: Take 1 capsule with some liquid

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

Healthy skin, hair and nails are among the most outstanding beauty attributes for many people. The health of our skin, hair and nails goes hand in hand with a healthy lifestyle, which means sufficient sleep, relaxation, exercise and fresh air as well as a balanced diet with important vitamins and minerals.

If individual nutrients are completely or partially lacking, the skin, hair and nails will quickly show it. A balanced diet is therefore important for a beautiful complexion, a healthy hair structure and strong nails. Our daily diet provides the skin, but also the hair and nails, with the micronutrients it needs for its metabolism and, in the case of the skin, for its many important functions.

Which vitamins & minerals are particularly important for our hair?

- Biotin is also called the „beauty vitamin“. This is because biotin contributes to the maintenance of the hair as well as the skin. It belongs to the B vitamins (biotin is sometimes also called vitamin B7) and is thus part of the vitamin B Komplex. It supports the formation of creatine. Creatine is the basic substance of hair, but is also contained as a structural protein in skin and nails. With too little biotin, the skin becomes unbalanced, and a deficiency also threatens hair loss and the breaking of nails.
- Zinc is one of the most important essential trace elements for the human body and must be supplied with food. Zinc contributes to the maintenance of hair, nails and skin by supporting protein synthesis, collagen formation and cell growth and is an important antioxidant.
- Copper is an important trace element and has important functions in the body for the maintenance of connective tissue as well as for the energy metabolism and the nervous system. In addition, copper contributes to normal hair pigmentation, i.e. supports the maintenance of hair colour.
- Millet extract promotes hair health and growth.
- The sulfur-containing amino acid L-methionine is an important source of sulfur, which contributes significantly in the development of collagenous structures of nails and hair. An undersupply can impair hair production, which can manifest itself in slowed hair growth and even diffuse hair loss.

The Burgerstein hair&nails formula has been specially developed for the build-up and care of hair and nails. Nine active ingredients specifically support the metabolism of hair and nails, improve their quality and promote repair processes.

Burgerstein hair&nails contains an extract from millet and red algae as well as a vitamin and trace element complex. Biotin contributes to the maintenance of hair and zinc supports the maintenance of nails. Folate/folic acid has an important function in cell division. Ideally, it should be taken for at least 3 months.

When is Burgerstein hair&nails particularly suitable?

- **For the maintenance of normal hair and pigmentation**

Biotin and zinc contribute to the maintenance of normal hair

Copper contributes to normal hair pigmentation

Folate/folic acid and zinc have a function in cell division

- **For the nails**

Zinc contributes to the maintenance of normal nails



Per daily portion (3 tablets)**		NRV*
Pantothenic acid	18,0 mg	300%
Folic acid	0,4 mg	200%
Zinc	5,0 mg	50%
Copper	1,0 mg	100%
Biotin	150,0 µg	300%
Calcium	256,0 mg	32%
L-methionine	235,0 mg	—

Recommended intake: Take 3 tablets daily with some liquid

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

Burgerstein ImmunVital® is a tasty elderberry juice supplemented with vitamins, trace elements and beta-glucan from yeast (Wellmune®) for the whole family. The vitamins C and D and the trace elements zinc and selenium contribute to the normal function of the immune system.



For whom is Burgerstein ImmunVital® particularly suitable?

- **Adults**

Vitamin C and D as well as zinc and selenium contribute to the normal function of the immune system

- **Children**

Vitamin D contributes to the normal function of the immune system

- **Athletes**

Vitamin C contributes to a normal immune system function during and after intense physical activity

Vitamin D contributes to the maintenance of normal muscle function

Vitamin C contributes to a normal energy metabolism

Vitamin C contributes to the reduction of tiredness and fatigue

Did you know?

Wellmune® is a yeast beta-1,3/1,6-glucan. Wellmune® is extracted from the cell wall of a proprietary strain of baker's yeast using a proprietary process. As a highly pure ingredient, Wellmune® is naturally gluten-free. It is clinically proven to help strengthen the immune system.²

micronutrient	per sachet (=16 ml)	NRV*	per 2 capsules	NRV*
Vitamin C	180 mg	225%	200 mg	250%
Vitamin D	—	—	25 µg	500%
Selenium	30 µg	55%	55 µg	100%
Zinc	5 mg	50%	5 mg	50%
Beta-Glucan (Wellmune®)	250 mg	—	250 mg	—

Recommended intake - sachet: 1 sachet daily - contents may be put directly & undiluted into the mouth. Children from 4 to 8 years: 1/2 sachet daily.

Recommended intake - capsule: Take 2 capsules daily with some liquid. Children from 4 to 8 years: 1 capsule daily (if children cannot swallow the capsule, it can be opened).

Sachet free from: sorbitol, lactose, gluten, peanut oil, soy protein/lecithin, gelatin

Capsule free from: peanut oil, fructose, gelatin, gluten, granulated sugar, lactose, soy protein/lecithin



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 bone metabolism - vitamin K, zinc and manganese contribute to the maintenance of bones, vitamin C is used for normal collagen formation and vitamin D3 contributes to the absorption and utilisation of calcium. Burgerstein OsteoVital forte also contains calcium from a plant source as well as vitamin K2, which is particularly well bioavailable.

Burgerstein OsteoVital forte contains natural calcium from red algae supplemented with magnesium as well as vitamins (C, B6, K2, D3, folic acid) and trace elements (zinc, manganese, copper, silicon).



For whom is Burgerstein OsteoVital forte particularly suitable?

- **At any age for the support of the bone metabolism**

Calcium and magnesium are needed as important building blocks for the maintenance of normal bones and teeth. Vitamin K, zinc and manganese contribute to the maintenance of bones, vitamin C is used for a normal collagen formation and vitamin D3 supports the absorption and utilisation of calcium.

Burgerstein OsteoVital forte is composed according to the latest scientific findings and optimally supports you and your bones!

Did you know that...

- Calcium and vitamin D are essential for the bone metabolism - but cannot cover all the needs for the formation of healthy bones?
- Magnesium plays also an important role in maintaining bone mass - but is hardly ever taken into account in practice?
- Bone consists not only of minerals but also, like skin, of elastic collagen fibres? Vitamin C contributes significantly to the formation of collagen.
- Vitamin K also supports the maintenance of a normal bone & that the vitamin K used in Burgerstein OsteoVital forte is more expensive than gold?
- Trace elements such as zinc and manganese are also important for the maintenance of normal bone mass and bone structure?

micronutrient	Per daily portion (4 tablets**)	NRV*
Vitamin B6 (Pyridoxine)	2,00 mg	143%
Vitamin B12 (Cobalamin)	4,00 µg	160%
Folic acid (B9)	300,00 µg	150%
Vitamin C	200,00 mg	250%
Vitamin D3	25,00 µg	500%
Vitamin K2	75,00 µg	100%
Boron	0,90 mg	–
Calcium	250,00 mg	31%
Copper	1,00 mg	100%
Magnesium	200,00 mg	53%
Manganese	2,00 mg	100%
Silicon	8,00 mg	–
Zinc	5,00 mg	50%



Recommended intake: Take 2x2 tablets daily with some liquid with a meal

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

More desire for health?

Further information at: www.burgerstein.at



AminoVital

20 sachets | PZN 4169262

Burgerstein AminoVital contains a balanced amino acid mixture supplemented with taurine, trace elements and vitamins. Available in a practical sachet with a pleasant grapefruit aroma.

- Amino acids (L-arginine, L-glutamine, L-lysine, L-ornithine, glycine) plus taurine
- Vitamins: Vitamin B6, vitamin B12, niacin, pantothenic acid
- Minerals and trace elements: Magnesium, zinc, manganese



SelenVital

100 tablets | PZN 3052606

Burgerstein SelenVital contains 100 µg of easily utilisable, organic selenium per daily portion. Selenium is a trace element that occurs in minute quantities in many foods. The trace element selenium helps to protect the cells from oxidative stress. Selenium also supports the normal function of the immune system and the thyroid gland. In addition, selenium contributes to the maintenance of normal hair and nails.



Spirulina

180 tablets | PZN 3052598

Burgerstein Spirulina tablets contain spirulina - a freshwater algae from controlled, organic cultivation and is now known as superfood. Burgerstein Spirulina is ideally taken between meals. Burgerstein Spirulina is a natural nutrient donor with a high content of amino acids and natural antioxidants.



Burgerstein products are available without prescription at your pharmacy.

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 **Burgerstein Vitamine**

