



## Building blocks of life

AminoVital

L-carnitin

L-glutamin

L-lysin

## 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



# Amino acids

General information about amino acids

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Amino acids are best known for their central function as a building block of numerous proteins. Amino acids are needed for the synthesis of muscles and the structure of the skin, they are essential for a functioning immune system, they are components of enzymes, hormones, DNA or they act alone as important signalling substances of the brain.

## In general, there are a few important points to consider with amino acids:

- There are two different forms of each amino acid (except glycine) (L-form, D-form), which are mirror images of each other in the arrangement of the amino group. Amino acids always occur naturally in their L-form and should only be used in this form. The D-form and mixtures of L- and D-form have different biological effects and can also be toxic (e.g. D-carnitine). Inferior quality preparations may be contaminated with the D-form of amino acids.
- Metabolic disorders or very unbalanced nutrition can lead to deficiencies in individual amino acids. Not all dietary proteins contain the same amount of all amino acids. For example, an unbalanced, plant-based diet can lead to a deficiency of L-lysine.
- In order to optimise the tolerability and usability of amino acids when taken orally, higher doses (> 1g) should be taken in several portions if possible and spread over the day.
- Amino acids are usually best absorbed on an empty stomach, as there is no competition for absorption by dietary proteins.

## Amino acid deficiency

The human body needs a sufficient mixture of amino acids, because not only a deficiency but also the wrong mixture can turn amino acids into fats and sugars instead of using them for the important protein build-up. A lack of amino acids can have negative consequences for the body in the long run. For example, the essential amino acids lysine and methionine are combined to form the vitamin-like substance carnitine. Carnitine is important for energy metabolism and fat burning. We also need protein building blocks for the formation of thyroid hormones and for many metabolic functions.

An amino acid deficiency can therefore manifest itself in a wide variety of physical areas. Deficiencies often occur insidiously and therefore we often do not identify the symptoms of a deficiency as an undersupply of proteins.

# Amino acids

General information on amino acids

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## How do you recognise an amino acid deficiency?

The following symptoms can occur:

- skin lesions
- hair Loss
- listlessness
- changed mood
- loss of physical performance
- an increase in body weight

The consequences can be manifold and always differ from person to person. **Common consequences are e.g:**

- an increased susceptibility to infections
- loss of energy
- Joint complaints
- Deficits in building up muscles
- slow wound healing
- Mood swings





# AminoVital

General information about AminoVital

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**L-Arginine and L-Ornithine** are closely related. Arginine is the preliminary stage of ornithine. L-arginine is counted among the semi-essential or conditionally essential amino acids, because the body's own synthesis cannot always cover its needs. This is mainly the case during growth phases, but also during pregnancy and in cases of serious injuries.

**L-Glutamine** is the most common freely occurring amino acid in the human body (blood plasma, skeletal muscle) and is one of the semi- or conditionally essential amino acids. L-glutamine is a leachate for the synthesis of many important compounds, is an important source of energy for the cells and for many tissues of the body. In addition, it is an important source of energy for all rapidly multiplying cells of the immune system.

**L-Glycine** is the smallest, naturally occurring amino acid and is an important building block of almost all body proteins. L-glycine also has an antioxidant, cell-protecting effect and is involved in detoxification reactions in the liver.

**Taurine** is an amino acid-like compound and is formed from methionine and cysteine in the liver of healthy adults. Taurine inhibits free radicals and regulates the fluid balance in the cell. There is also evidence of the immunomodulating properties of taurine.



Burgerstein AminoVital contains a balanced mixture of amino acids supplemented with taurine, trace elements and vitamins. Available in practical portion sachets with a pleasant **grapefruit flavour**.

## When is AminoVital particularly suitable?

- **For working people, students, apprentices, family managers and sportsmen to concentrate**  
Zinc and pantothenic acid contribute to normal mental performance
- **For the energy metabolism**  
Vitamins B12 and B6 contribute to maintaining normal energy metabolism
- **For fatigue and tiredness**  
Magnesium and niacin help reduce fatigue and tiredness
- **For protection against oxidative stress**  
Zinc and manganese help to protect the cells from oxidative stress
- **For the immune system**  
Vitamin B6, B12 and zinc contribute to the normal functioning of the immune system

Per daily portion (1 sachet 12 g)		NRV*
L-Glutamine	2,5 g	—
L-Arginine	2 g	—
L-Glycine	1 g	—
Taurine	1 g	—
L-ornithine	0,55 g	—
L-lysine	0,7 g	—
Niacin	16 mg	100%
Pantothenic acid	6 mg	100%
Vitamin B6	1,4 mg	100%
Vitamin B12	2,5 µg	100%
Magnesium	125 mg	33%
Zinc	5 mg	50%
Manganese	1 mg	50%



**Recommended intake:** Stir 1 sachet (12g) in a glass of fruit juice or water every day and drink

**Free from:** peanuts, fructose, gelatine, gluten, yeast, granulated sugar, artificial sweeteners, lactose, soy protein/lecithin

# L-carnitine

100 pieces | PZN 4169233



Burgerstein L-carnitine contains 600 mg of pure L-carnitine (Carnipure®) per tablet and is suitable for vegans. L-carnitine is a sulphur-containing amino acid that is produced in the body from the amino acids L-lysine and L-methionine. L-carnitine is primarily found in meat and other food of animal origin. On average, 75% of the L-carnitine present in the body is obtained from food, the rest is produced by the body itself.

## L-carnitine is important for:

- the energy metabolism and endurance performance of athletes
- supports regeneration
- serves to transport fats (fatty acids) & enables their optimal combustion

## Did you know?

L-carnitine is a highly interesting topic for science. This explains the number of currently 9000 worldwide studies on this topic. The University of Basel has one up to 19% increased performance, additional power increase and acceleration of regeneration has been proven by a study.

## Who has an increased need for L-carnitine?

- Vegetarians/Vegans
- Pregnant & nursing mothers

### Per daily portion (1 tablet)

L-carnitine	600mg
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**Recommended intake:** Take 1 tablet daily with some liquid

**Free from:** peanuts, fructose, gelatine, gluten, yeast, granulated sugar, artificial sweeteners, lactose, soy protein/lecithin, sugar substitutes





# L-glutamine

180 gr. powder | PZN 5571635



L-glutamine is an important amino acid for the body. In muscle cells, L-glutamine is the most abundant free amino acid; for intestinal cells, L-glutamine serves as the main energy source. In stress situations, the need for L-glutamine is increased. Whether muscle growth, sleep support, stress resistance or mental strain - glutamine is a helpful source for humans in these areas.

## When is L-glutamine particularly suitable?

- In situations with high energy requirements, especially during great efforts, physical training and examinations, is the body's own production of L-glutamine insufficient.
- L-glutamine contributes to an optimal energy supply of the cells.

## Did you know?

With 4.8 g per 100 g, cocoa has the highest glutamine content in food. As a part of your daily diet, milk, dairy products such as Quark, yoghurt or soft cheese, wheat and soy products, beef and pork, raw or smoked salmon, eggs and walnuts.

It should be noted that glutamine is extremely heat-sensitive and easily destroyed during cooking, frying or baking.

### Per daily portion (1 scoop=3 g)

Glutamine	3g
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**Recommended intake:** Stir 1 level scoop (=3 g) daily in a glass of water and drink

**Free from:** peanuts, fructose, gelatine, gluten, yeast, granulated sugar, artificial sweeteners, lactose, soy protein/lecithin, sugar substitutes



# L-lysine

90 pieces | PZN 5668719



Burgerstein L-lysine contains 1,5 g L-lysine per daily portion. L-lysine is an essential amino acid, which means that it cannot be produced by the body itself and must therefore be supplied with food. L-lysine is the counterpart of the amino acid L-arginine.

## Did you know?

About 90 percent of people carry the causative agent, the herpes simplex virus. L-lysine is successfully used to prevent herpes simplex infections (fever blisters). The painful blisters are quickly and reliably relieved. When taken regularly, L-lysine can prevent the outbreak of herpes. The best effect is achieved with the precautionary intake. If the infection is already there, the dosage can be increased accordingly.

### When is L-lysine particularly suitable?

- Supports the absorption of calcium from the intestine and is an essential component of bone structure
- Successfully supports herpes simplex infections (fever blisters)
- Supports the immune system
- Supports the skin/connective tissue proteins collagen and elastin as a building block.

#### Per daily portion (3 tablets)

L-lysine	1,5 g
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**Recommended intake:** Take 3 tablets daily with some liquid

**Free from:** peanuts, fructose, gelatine, gluten, yeast, granulated sugar, artificial sweeteners, lactose, soy protein/lecithin, sugar substitutes



# L-lysine

90 pieces | PZN 5668719



## Recommended intake

The daily requirement of a healthy adult is 38 mg L-lysine/kg body weight (for a body weight of 70 kg, 2.7 g L-lysine should be taken).

- **Children and newborns have an increased need for L-lysine.**
- **Vegans and vegetarians:** Plant foods contain comparatively small amounts of L-lysine. There is a risk of insufficient L-lysine intake and supply, especially with diets based solely on plant foods.

## Overdose & interactions

L-lysine is well tolerated and a long-term intake of up to 6 g per day is considered safe for healthy adults. The intake of L-lysine in therapeutic doses during pregnancy should be avoided due to insufficient data.



## TopFit

60 capsules | PZN 5605765



Burgerstein TopFit with vitamins, minerals and plant-based ingredients such as ginseng, supplements the daily diet and can make a contribution and can contribute to well-being in stressful situations. For example Vitamin B12 and iron, for example, contribute to the normal function 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 meet the recommended daily intake of many of these of these essential micronutrients.

## Omega-3 DHA

60 capsules | PZN 4271658



A sufficient supply of DHA helps to maintain a normal brain function and optimal vision (effect from 250 mg DHA per day). Burgerstein Omega-3 DHA contains a high proportion of Omega-3 fatty acids, obtained from pure fish oil, with a high content of DHA.

## Omega-3 EPA

50 capsules | PZN 3397179



Burgerstein Omega-3 EPA contains the Omega-3 fatty acids EPA and DHA, with a focus on EPA. The fish oil comes from guaranteed sustainable Fishing - certified according to „Friend of the Sea“. The capsules are well tolerated, neutral in taste and are ideally taken over a longer period of time. Omega-3 EPA contributes to normal heart function & maintenance of normal blood pressure.

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

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