



**Breathe a sigh of relief and feel good**

Anti-Ox-Komplex

BIOTICS-G

Lecithin-Granulat

Probase

Spirulina

## 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



# What is meant by antioxidants?

General information

Antioxidants (radical scavengers) are protective substances for body cells that can prevent potentially damaging oxidation of cell structures by neutralising particularly aggressive chemical compounds. „Oxidation“ is a chemical reaction in which a substance to be oxidised gives up electrons to an oxidising agent. The term was formed by the French chemist Antoine Laurent de Lavoisier (1743-1794), who meant the reaction of a substance with oxygen and the resulting formation of oxides.

Antioxidants are accordingly - and again quite generally speaking - substances that prevent or delay oxidation processes.

There are both

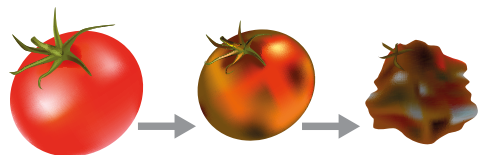
- natural antioxidants such as vitamin C, flavonoids or carotenoids as well as
- synthetically produced antioxidants such as citrates and gallates.

Antioxidants have long been used in food chemistry to prevent food from spoiling through oxidation. In the meantime, however, science knows that antioxidant substances are enormously important for the human organism - because they protect us against diseases and can slow down the ageing process.

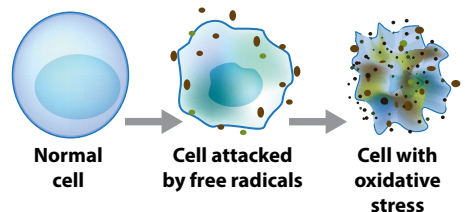
# What is oxidative stress?

General information

Oxidative stress: there is an imbalance of free radicals and antioxidants - specifically, too many free radicals. This imbalance can then lead to damage in the cells.



## Oxidative stress



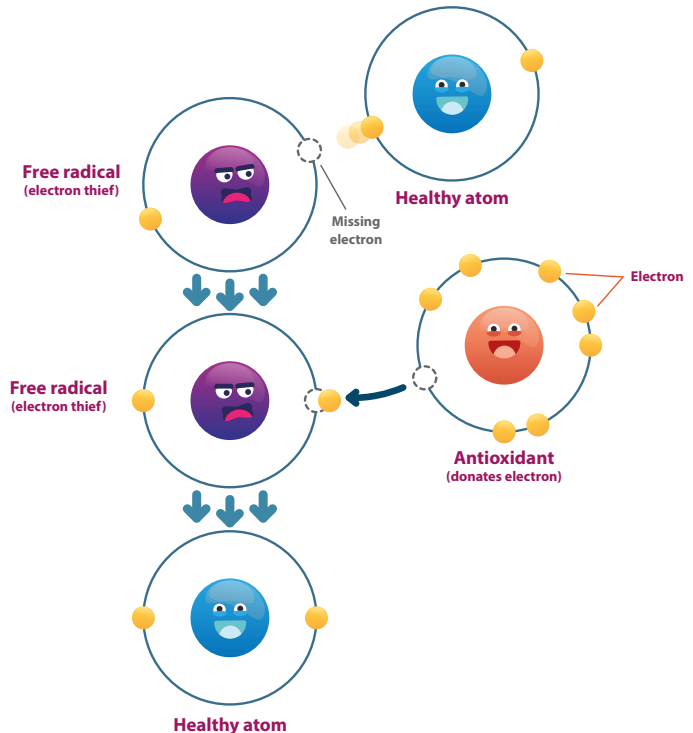
# Free from radicals?

## General information

Normally, in molecules, each electron has a proton, i.e. a kind of partner. However, there are also molecules that have single unpaired electrons. They are called „free radicals“– Because the lone electrons are looking for a „connection“ free radicals are extremely reactive. This is not always advantageous for humans. The chemically aggressive molecules can cause considerable damage in the organism: They attack protective cell membranes as well as vital lipids and proteins and damage DNA.

There is a whole range of external factors that lead to the formation of free radicals: UV rays, reactive substances such as ozone or the nitrogen oxides in cigarette smoke, heavy metals in food, to name a few. But the majority of oxygen radicals are formed quite regularly in the body's own metabolism, as a by-product.

The main place of origin is the mitochondria, the power plants of the cell. There, three to ten percent of the converted oxygen is not completely converted into water during the „energy production“. Instead, oxygen radicals are formed, most of which are immediately captured by enzymes. However, the rest gets into the cell interior and can form new radicals there.



# Anti-Ox-Komplex

60 capsules | PZN 5404015

## The protection for your cells

Burgerstein Anti-Ox Complex contains a combination of fat- and water-soluble antioxidants that help protect against oxidative stress at various cellular levels. The formulation is supplemented with astaxanthin, tocotrienols, L-cysteine and a patented vegetable and fruit extract (Spectra®). Spectra® is an all-natural, scientifically proven formula of fruits, vegetables and herbs that has been shown to inhibit free radical production, optimise cellular metabolic activity and raise nitric oxide levels in the human body.

## What aspects can lead to increased oxidative stress?

- Excessive alcohol consumption
- Smoking
- Stress
- Depression
- Pollutants (e.g. exhaust fumes)
- Environmental toxins (e.g. pesticides)
- Excessive competitive sports
- Certain medicines
- Diseases, inflammations and operations

Nutritional values	per daily portion (2 capsules)	NRV*
Vitamin C	160 mg	200%
Vitamin E (alpha-tocopherol) from D-alpha-tocopherol, mixed tocopherols and mixed tocotrienols (rice)	19,2 mg	160%
Vitamin B1	2,2 mg	200%
Vitamin B2	2,8 mg	200%
Niacin	32 mg	200%
Vitamin B6	2,8 mg	200%
Zinc	10 mg	100%
Manganese	1,8 mg	90%
Molybdenum	40 µg	80%
Slen	55 µg	100%
Astaxanthin	4 mg	–
Lcysteine	200 mg	–
Vegetable and fruit extract (Spectra®)	100 mg	–

**Recommended intake:** Take 1-2 capsules daily with some liquid

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



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

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



# The intestine - place of health

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## General information

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What has been known in traditional Chinese medicine for thousands of years has only recently entered our consciousness. The intestine has its own intelligence and is a central organ for the immune defence. It reacts sensitively to external and internal factors and has a significant influence on our well-being.

The nerve plexuses of the intestinal walls produce diverse messenger substances that regulate communication between the stomach and the head. 90 % of the nerve connections run from the belly to the head. In this way, the brain is constantly informed about the state of the gut. However, the information transfer also works the other way round: stress causes the intestinal muscles to relax and thus paralyses the digestive process. Relaxation, on the other hand, normally activates the intestines.

Stress is particularly significant for the development of inflammatory processes in the intestine. Many pharmaceutical preparations also stress the intestine and the intestinal flora in the long term, including antibiotics, cortisone and chemotherapeutic agents, the birth control pill, hormones during the menopause and excessive use of laxatives.

Environmental toxins and hyperacidity also contribute to the imbalance in the gut. This has fatal consequences; because the intestine is the headquarter of the immune system. Immune cells are trained and prepared in the intestine for their tasks throughout the body. Worst case scenario: the entire system tips over, involving the immune system.

## Healthy intestinal flora is essential for

- Strengthening your defences (from babyhood)
- Healthy digestive and metabolic function
- Optimal absorption of vitamins and minerals (8 strains)
- Cleansing of the intestine from putrefactive and fermenting substances
- Protection of the intestinal mucosa
- Barrier against allergenic and pathogenic components of food
- According to the latest scientific findings, Alzheimer's is related to inflammation in the intestinal area



Burgerstein BIOTICS-G is a multispecies probiotic and contains 14 different lactic acid-forming live bacterial cultures and a yeast strain. Per daily serving (1 sachet) contains 2.5 billion colony-forming units. Thanks to the protective technology Probioact<sup>®</sup>, the good bacteria remain better preserved and have a high activity in the intestine. Burgerstein BIOTICS-G can be stored at normal room temperature. In addition, BIOTICS-G also contains biotin, B6 and B12.

## What characterizes a modern gastrointestinal probiotic?

- Probiotics with a variety of bacterial strains (multispecies probiotics) can help maintain or restore the diversity of the intestinal flora. This improves the barrier function of the intestinal mucosa and thus increases the resistance (resilience) to pathogenic germs, especially in stressful and stressful situations.
- The probiotic should contain the broadest possible diversity of health-promoting bacterial strains with > 2.5 billion CFU (colony-forming units). Other ingredients, such as the vitamin biotin, are also a great benefit: Biotin contributes to the maintenance of normal intestinal mucosa.
- It should be ensured that the bacteria arrive in the intestinal tract viable in sufficient quantity. This means that they must survive the passage through the stomach largely undamaged. This can be achieved, for example, by using a special protective technology. Only in this way can the good bacteria settle optimally and develop their health-promoting effect.





## BIOTICS-G supports ...

- ... people who have problems with digestion and intestines
- ... persons in maintaining a healthy intestinal mucosa (maintenance, build-up & care)
- ... the restoration of a diverse and resistant microflora (e.g. after antibiotic administration)
- ... the intestinal flora
  - The high diversity or variety of an intact intestinal flora is maintained or restored.
- ... the intestinal mucosa
  - Probiotics help to maintain this natural intestinal barrier and thus prevent pathogens from entering the body.
- ... the immune system
  - Probiotics also have an immunomodulating effect, i.e. probiotics can protect against infections (e.g. colds), influence the intensity of the immune response



Contains the following bacterial strains:  
 Bifidobacterium animalis W53, Bifidobacterium bifidum W23, Bifidobacterium lactis W51, Lactobacillus acidophilus W22, Lactobacillus brevis W63, Lactobacillus casei W56, Lactobacillus helveticus W74, Lactobacillus paracasei W20, Lactobacillus plantarum W1, Lactobacillus rhamnosus W140, Lactobacillus rhamnosus WGG, Lactococcus lactis W58, Enterococcus faecium W54, Pediococcus acidilactici W143, Saccharomyces boulardii W187.

Nutritional values	per daily dosis (1 bag)	NRV*
bacterial and yeast cultures	2,5 bil. CFU**	–
biotin (B7/H)	30,0 µg	60%
vitamin B6 (Pyridoxin)	0,90 mg	64%
vitamin B12 (Cobalamin)	1,60 µg	64%

### Recommended intake:

Preferably 30 minutes before breakfast, add the contents of one sachet to about 100 ml of lukewarm water, stir and let stand for about 1 minute before drinking.

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

**Suitable for adults, teenagers and children from 1 year.**

# Lecithin

Vitality for metabolism and cells

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Lecithin is needed for the formation of all cell membranes and is essential for life. Its formation in turn requires choline, which the body cannot produce itself in the required quantities. A lecithin deficiency due to an unbalanced diet or malnutrition, similar to a vitamin deficiency, leads to serious symptoms such as memory disorders, fatty liver, regeneration disorders or a tendency to inflammation. Lecithin is the most abundant phospholipid in cell membranes (40% of fats) and is an important component in the brain, the mucus layer in the colon and the lungs.

Lecithin plays an important role in many processes in the body. For example, lecithin is an essential component of the walls of the body's cells, which make up all our organs and tissues. Lecithin makes the cell walls strong and flexible.

Another important functional area of lecithin is in the construction of cell membranes. These have a complex structure, combined with a variety of different molecular substances, of which the phospholipids represent an important class, including lecithin as its most important representative. Without lecithin, the construction of cell membranes would be impossible. This clearly shows that lecithin plays a central role in the repair and regeneration of body cells. The highest concentrations of lecithin are found in the liver, brain, lungs, heart and muscle tissue.

Although lecithin is found in many plant and animal foods, it can be a challenge to meet the daily requirement of three to four grams in a normal diet.



# Lecithin granules

400 g powder | PZN 4169227



## For whom is Lecithin Granules suitable for?

### Sport/everyday life/vitality

- For lack of energy, listlessness, rapid fatigue
- Helps to support the liver-bile metabolism
- Provides important nutrients (phosphatides, choline, etc.) for

### Breastfeeding mothers

- Supports in case of milk stasis - contributes to a complication-free milk flow during the breastfeeding period

Burgerstein Lecithin Granules are a pure natural product derived from sunflowers, containing 100% sunflower lecithin (GMO-free). Vegetable lecithin is cholesterol-free and contains essential phospholipids as well as polyunsaturated fatty acids.

Nutritional values	Per daily portion (1 level tablespoon = ~ 7 g)
fat	6,4 g
thereof sugar saturated fatty acids	0,8 g
thereof sugar monounsaturated fatty acids	1,8 g
thereof sugar polyunsaturated fatty acids	3,9 g
carbohydrates	0,5 g
thereof sugar	0,2 g



**Recommended intake:** Take 1 level tablespoons (approx. 7 g) daily. Burgerstein Lecithin Granules are neutral in taste and can be taken with a little water or mixed into food (yoghurt, muesli, etc.). Opened packages should be used up within 60 days.

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

# Probase

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General information

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## No more reason for hyperacidity!

**Burgerstein Probase Tablets & Drink Powder** contain a balanced combination of minerals (calcium, magnesium, potassium) and trace elements (zinc, manganese) in a modern formulation. The zinc contained contributes to a normal acid-base metabolism. Due to its composition, Burgerstein Probase Tablets are also ideal as a mineral supplement, e.g. for athletes.

The main cause of hyperacidity in the body: too much acid-forming food, stress, alcohol and smoking throw the pH value out of kilter.

Probase powder is easily soluble, tasteless and contains no sugar or sweeteners.

## Consequently, hyperacidity is caused by:

- A diet with too much protein-containing foods (meat, sausage, milk, dairy products, fish, etc.)
- Fast food, convenience products
- Pastry and bakery products, sweets (too much sugar and carbohydrates in general)
- Alcohol/coffee/soft drinks
- Nicotine
- Synthetic food additives such as preservatives, colourings, flavour enhancers, sweeteners
- Excessive sport
- Stress, anxiety, worry and anger

Those who regularly consume too much convenience products and fast food or large quantities of carbohydrates, sugar and bad fats overload their organism over time and the symptoms of a subsequent hyperacidity can be quite diverse.

## For whom is Burgerstein Probase particularly suitable?

- For all persons to support the acid-base metabolism  
Zinc contributes to a normal acid-base metabolism
- For athletes as a mineral supplement

# Probase tablets

150 pieces | PZN 3052612



**Burgerstein Probase tablets** are enteric-coated and can therefore be taken at any time of the day.



Per daily portion (5 tablets)		NRV*
Calcium	500 mg	63%
Potassium	800 mg	40%
Magnesium	300 mg	80%
Zinc	4 mg	40%
Manganese	2 mg	100%

**Recommended intake:** Take 5 tablets daily with a glass of water. The tablets can be taken throughout the day

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

# Probase drink powder

125 g | PZN 3089650  
400 g | PZN 5185174



Per daily portion (1 teaspoon = approx. 5 g)		NRV*
Calcium	500 mg	63%
Potassium	884 mg	44%
Magnesium	300 mg	80%
Zinc	4 mg	40%
Manganese	2 mg	100%



**Recommended intake:** Stir 1 level teaspoon in a glass of water and drink

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

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

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# Spirulina

The blue-green algae with a special function

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Spirulina is a blue-green algae cultivated in fresh water. Under ideal conditions (e.g. high UV intensity near the equator, nutrient-rich water), spirulina algae naturally contain a wide range of amino acids, fatty acids, vitamins, minerals, trace elements and an interesting spectrum of potent antioxidants.

You could call spirulina a small multivitamin unit - even if the amounts of vitamins and trace elements it contains cannot compete with those of a multivitamin preparation.

The antioxidants contained in spirulina are quite remarkable in type and quantity. The most fascinating of these antioxidants is the deep blue coloured phycocyanin, which occurs in spirulina in a high concentration of 10-20%.

The name „phycocyanin“ comes from „phycos“ (Greek for algae, seaweed) and „kyanos“ (Greek for blue). Phycocyanin is a powerful antioxidant with anti-inflammatory properties. Phycocyanin also appears to have immunomodulating and liver and kidney protective properties.

## **In addition, spirulina also contains various antioxidant substances:**

- natural carotenoids such as beta-carotene
- lutein and zeaxanthin
- chlorophyll

Lutein and zeaxanthin are known to protect the eye from harmful blue light. In the long run, blue light can cause oxidative stress in the eye.

It is known that spirulina can reduce the absorption in the gastrointestinal tract of toxic metals (aluminium, lead, cadmium, arsenic, etc.) that are always present in food. These adsorptive properties of spirulina also seem to influence triglyceride metabolism.



# Spirulina

180 tablets | PZN 3052598



Burgerstein Spirulina is a natural nutrient donor. It contains a proportion of over 60% vegetable amino acids as well as a broad spectrum of vitamins and trace elements in smaller quantities.

Burgerstein uses spirulina - a freshwater algae from controlled, organic cultivation.

## Special notes

Contains no significant iodine content. \*\*

Isolated phycocyanin has been attributed interesting antioxidant, anti-inflammatory and antibacterial properties in recent scientific publications.

## Fields of application

- Positive influence on the cholesterol balance (ideal duration of intake approx. 3 months)
- Optimises the body's immune response
- Detoxification of heavy metals
- Helps with regeneration after athletic performance

Per daily portion (6 tablets)		NRV*
Spirulina algae powder	3 g	—

**Recommended intake:** Take 2 tablets three times daily with some liquid

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



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

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\*\*Spirulina contains approx. 6µg iodine per daily portion (3g).



## Multivitamin-Mineral CELA



100 tbl. | PZN 3052629

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



## Vitamin C-Komplex



40 tablets | PZN 4023328

Has a significantly higher bioavailability and tolerability compared to common forms of vitamin C, due to gradual release of vitamin C over several hours. In addition to the high-dose, pure vitamin C, high-quality plant substances such as acerola fruit powder and rosehip round off the formulation.



## Omega-3 liquid



150ml | 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“.

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

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