



## These are the good guys

Omega-3 liquid

Omega-3 EPA

Omega-3 DHA

EPO evening primrose oil

## Who is Burgerstein?

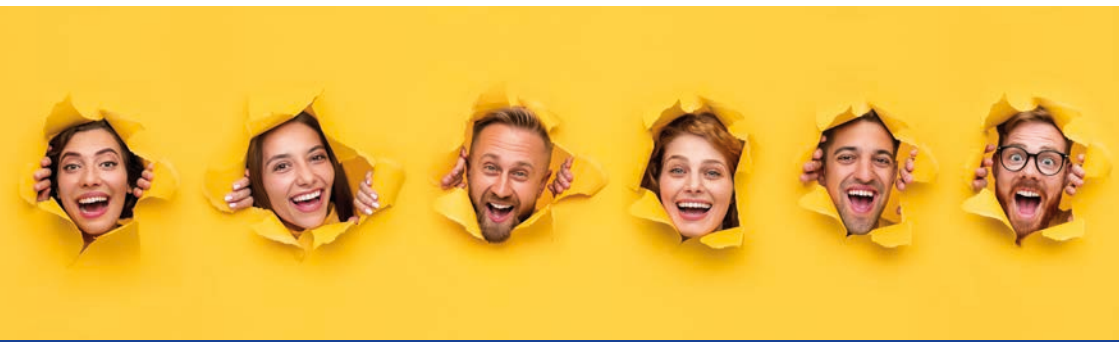
Burgerstein is a family business that was founded in 1972 by Ulli Burgerstein in Switzerland. Burgerstein offers balanced micronutrient preparations that optimally support your body and thus your health. The human body needs vitamins and minerals to live. Without vitamins and minerals, certain metabolic 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



# Fatty acids

General information about fatty acids

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Fats are characterised by a common chemical structure. Thereby the so-called fatty acids are an essential component. A fat molecule contains either one, two or three fatty acids. They differ in the degree of saturation, among other things, which is the number of double bonds between the carbon atoms. This differences in the chemical structure also determine the difference in quality to a large extent between fats.

## The Inuit have fewer heart attacks

The first indications of an effect of omega-3 fatty acids were from epidemiological studies on Inuit. It was found that Inuit are much less likely to suffer from cardiovascular disease or die of a stroke. Today, we know that this is associated with the consumption of large quantities of cold water fishing. These fish contain Omega-3 fatty acids in high concentration. Omega-3 fatty acids enable that even at the lowest temperatures, the blood of these fish remains flowable, which is essential for survival.

## Omega-3 fatty acids

The omega-3 fatty acid alpha-linolenic acid is one of the polyunsaturated fatty acids and is essential. This means that it cannot be built up by the body itself and must be absorbed with food.

Omega-3 fatty acids are found in rapeseed, linseed, soya or walnut oil and in fatty fish (e.g. mackerel, salmon, tuna, herring and domestic cold-water fish such as char). Among other things, unsaturated fatty acids serve the body as a component of cell membranes. There they ensure that they remain permeable and flexible. Also the the brain consists largely of fat. The polyunsaturated docosahexaenoic acid (DHA) is the most important fatty acid in the brain. Some polyunsaturated fatty acids also have an effecton precursors of hormones and support cell division - this applies especially for Omega-3.

# Fatty acids

General information about fatty acids

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## Omega-3 fatty acids in pregnancy and lactation

Omega-3 fatty acids are particularly important during pregnancy and breastfeeding. Especially in the last three months of pregnancy, the unborn child is supplied with docosahexaenoic acid (DHA) via the umbilical cord. This is crucial for the development of the brain and the retina. The newborn baby also receives omega-3 fatty acids through breast milk. Unborn babies and infants cannot yet produce docosahexaenoic and eicosapentaenoic acid (EPA) on their own. In order to ensure that the baby develops optimally, it is therefore important that pregnant and breastfeeding women consume sufficient omega-3 fatty acids.

## Everyday recommendations for omega-3 fatty acids

The ratio of omega-3 to omega-6 fatty acids is not right for most diets, nor is the ratio of saturated to unsaturated fatty acids. However, only a few small changes in your diet are needed to promote your health:

- Eat less fat, but more vegetables, fruit and fibre
- Replace animal fat (butter, meat, eggs) more often with vegetable fat (nuts, seeds, vegetable spreads)
- Prefer rapeseed and walnut oil
- Replace one or two meat or sausage meals with fatty sea fish
- Add linseed oil to your diet as regularly as possible
- Consume hazelnuts and walnuts regularly



# Omega-3 liquid (balanced for individual needs)

150 ml | PZN 4853857

Burgerstein Omega-3 liquid is a tasty oil with a natural orange aroma - 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“.

## For whom is Burgerstein Omega-3 liquid particularly suitable?

For all people who cannot or do not want to swallow capsules:

- **For the heart** - EPA and DHA contribute to normal heart function.<sup>1</sup>
- **For the blood pressure** - DHA and EPA contribute to maintaining normal blood pressure.<sup>2</sup>
- **For triglyceride (cholesterol) levels** - DHA and EPA help maintain normal triglyceride levels in the blood.<sup>3</sup>
- **For the brain** - DHA helps maintain normal brain function.<sup>1</sup>
- **For the eyes or vision** - DHA helps maintain normal vision.<sup>1</sup>
- **During pregnancy and breastfeeding** - The intake of docosahexaenoic acid (DHA) by the mother contributes to the normal development of the eyes & brain in the foetus and in breastfed infant.<sup>4</sup>

Nutritional value	Per daily portion (5 ml)	NRV*
Fat	4,6 g	—
thereof saturated fatty acids	1,1 g**	—
thereof monounsaturated fatty acids	1,0 g**	—
thereof polyunsaturated fatty acids	2,0 g**	—
thereof omega-3 fatty acids	≥ 1,4 g**	—
730 mg EPA & 455 mg DHA	1185 mg	—
other***	215 mg	—



**Recommended intake:** Take 1 scoop (5 ml) daily with a main meal.

Pregnant & breastfeeding women should take max. 1/4 scoop (1.25 ml).

**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) | \*NRV = reference quantity for daily intake according to the EU Food Information Regulation (LMIV) | \*\* may vary as natural product | \*\*\* docosapentaenoic acid, stearidonic acid,  $\alpha$ -linolenic acid, etc. | 1 Positive effect with a daily intake of 250 mg DHA. | 2 With a daily intake of 3 g DHA and EPA. The total intake of 5 g per day must not be exceeded. | 3 With a daily Absorption of 2 g DHA. The total intake of 5 g per day must not be exceeded. | 4 Positive effect, if in addition to the one for adults the recommended daily dose of omega-3 fatty acids (i.e. 250 mg DHA and EPA) is 200 mg DHA a day.



# For a good feeling.



## Burgerstein Curcuma-Komplex

- Highest quality turmeric extract Cureit®
- With additional rosemary extract and vitamin E
- Proven, excellent bioavailability
- No additives, flavourings or colourings
- Versatile application possibilities

**Turmeric - more than just a spice!**

Schweizer Original-Rezept.

Infos auf: [www.burgerstein.at](http://www.burgerstein.at)

Naturally good.  **Burgerstein Vitamine**

# Omega-3 DHA (concentration, memory, learning ability)

60 capsules | PZN 4271658

## What does the body need DHA (docosahexaenoic acid) for?

DHA is an important structural component of cells, especially in brain and nerve tissue, and in the retina of the eye.

The intake of omega-3 fatty acids and especially DHA with the daily diet is well below the recommendations of the American Heart Association in Europe. A sufficient intake of DHA is advised in all phases of life - even during pregnancy, as well as to preserve a good memory and ability to concentrate.

### Did you know?

Up to 97 percent of omega-3 fatty acids of the brain and up to 93 percent of the Omega-3 fatty acids in the retina consist of DHA. DHA can also Lower blood pressure and heart rate.<sup>5</sup>

## For whom is Omega-3 DHA suitable for?

- People with professions and activities that require a high concentration
- Pregnant women and nursing mothers
- Pupils, students, sportsmen
- Elderly people

## Receipt

Burgerstein Omega-3 DHA can be taken regularly over a long period of time and provides an important contribution to your mental health.

Nutritional value	Per daily portion (2 capsules)	NRV*
Fat	1,0 g	—
thereof saturated fatty acids	80 mg**	—
thereof monounsaturated fatty acids	150 mg**	—
thereof polyunsaturated fatty acids	750 mg**	—
thereof omega-3 fatty acids	700 mg**	—
106 mg EPA & 500 mg DHA	606 mg	—
other***	94 mg	—
Vitamin E	12 mg	100 %



**Recommended intake:** Take 2 capsules per day with a main meal.

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

Further information is available at: [www.burgerstein.at](http://www.burgerstein.at) | \*NRV = reference quantity for daily intake according to EU Food Information Regulation (LMIV) | \*\* may vary as natural product | \*\*\* docosapentaenoic acid, stearidonic acid,  $\alpha$ -linolenic acid, etc. | S.T.A. Mori, D. Q. Bao, V. Burke, I. B. Puddey, L. J. Beilin: Docosahexaenoic acid but not eicosapentaenoic acid lowers ambulatory blood pressure and heart rate in humans. In: Hypertension. 34(2), 1999, pp. 253-60, <https://www.ncbi.nlm.nih.gov/pubmed/110454450?dopt=Abstract>.



# Omega-3 EPA (for heart and blood pressure)

50 capsules | PZN 3397179

## What does the body need EPA (eicosapentaenoic acid) for?

EPA is needed for many metabolic functions. For example, it is the basis material for the formation of docosahexaenoic acid (DHA) and eicosanoids, which are needed for bodily functions such as the immune system, blood clotting, the regulation of blood pressure and heart rate, etc. It has a positive effect on certain heart diseases (coronary heart disease).

## Our recommendation

Burgerstein Omega-3 EPA is particularly suitable for all those who wish to benefit in the long term from the positive effects of omega-3 fatty acids and especially EPA:

- Contribute to the regulation of blood lipids and to maintaining a normal cholesterol metabolism
- Clear focus on EPA supports normal heart function
- The additional DHA it contains contributes to the normal development and maintenance of normal brain function.

## Receipt

Burgerstein Omega-3 EPA can be taken regularly over a long period of time and makes an important contribution to your well-being thanks to the favourable ratio of EPA to DHA.

Nutritional value	Per daily portion (1 capsule)	NRV*
Grease	0,7 g	–
thereof saturated fatty acids	14 mg**	–
thereof trans fatty acids	7 mg**	–
thereof monounsaturated fatty acids	28 mg**	–
thereof polyunsaturated fatty acids	651 mg**	–
thereof Omega-3 fatty acids	564 mg**	–
378 mg EPA & 92 mg DHA	470 mg	–
other***	94 mg	–
Vitamin E	7,5 mg	62 %



**Recommended intake:** Take 1 capsule daily with a main meal.

**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)

\*Reference quantity for daily intake according to EU Food Information Regulation (LMIV) | \*\* may vary, as natural product | \*\*\* Docosapentaenoic acid, stearidonic acid,  $\alpha$ -linolenic acid, etc.

# Evening primrose oil

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General information about evening primrose oil

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## Evening primrose oil

In the dark, the common evening primrose unfolds its large yellow flowers and exudes a pithy smell. The popular and versatile evening primrose oil is extracted from the seeds. However, other components of the plant can also be used, as the roots and plant itself are edible. There are other evening primrose plants (around 120 species) from which oil can also be extracted, but the term evening primrose oil usually refers to the oil of the common evening primrose.

## Good to know about evening primrose oil

- The main ingredient is the omega-6 fatty acid gamma-linolenic acid (GLA)
- To protect the GLA against oxidation, a combination with about 100-200 I.U. vitamin E per day is recommended
- The capsules are also called „EPO capsules“. EPO stands for „Evening Primrose Oil“ and has **nothing to do with the doping substance erythropoietin (EPO)**
- The evening primrose is so named because its flowers open in the evening

## What functions does evening primrose oil have?

Evening primrose oil, or rather the gamma-linolenic acid contains predominantly, belongs to the group of omega-6 fatty acids. While omega-6 fatty acids are generally pro-inflammatory, gamma-linolenic acid has anti-inflammatory properties. The fatty acid is converted into an extremely important eicosanoid, prostaglandin E1. This signalling molecule contributes to the regulation of inflammation and has, among other things, an anti-allergic effect.

## Bioavailability of evening primrose oil

The conversion of linoleic acid into gamma-linolenic acid is only about 1-5%. In addition, the conversion process varies greatly from person to person. This could be one reason why some of the results of the trials differ. Gamma-linolenic acid can also be taken in directly with vegetable oils in the diet. Besides evening primrose oil, it is also contained in currant seed oil, hemp oil or borage oil. However, the fatty acid spectrum in evening primrose oil generally seems to be the most optimal, which leads to the frequent use of this oil.

# EPO evening primrose oil (for a strong skin barrier)

90 capsules | PZN 3972904

An intact skin barrier is a basic prerequisite for healthy skin. If it is disturbed the skin is dry and cracked and therefore susceptible to inflammation. You can protect the skin barrier by caring for it from the outside and by supplying it with sufficient nutrients from the inside. In particular, polyunsaturated fatty acids such as gamma-linolenic acid play an important role in the the skin nutrition. It supports the immune system, maintains the function of the cell walls and strengthens the organism.

## Did you know?

Vitamin E and gamma-linolenic acid (GLS) support dry skin & hair, premature skin ageing, as well as acne (vitamin E together with 0.5 - 1 g vitamin C).<sup>6</sup> Fatty acids, like vitamins, minerals and trace elements, are essential substances which the human body cannot produce by itself.

## Who and when needs evening primrose oil?

- Maintains the elasticity and moisture of the skin
- For dry problem skin
- For skin changes during menopause
- Supports the skin's defences
- Strengthens the cardiovascular system
- Balances out mood swings

Per daily portion (= 3 capsules)		NRV*
Fat	1,5 g	—
thereof saturated fatty acids	< 0,1 g	—
Gamma-linolenic acid	135 mg	—
Vitamin E	30 mg	250 %

**Recommended intake:** Take 3 capsules daily with a meal.

**Free from:** fructose, lactose, gluten, yeast, peanut, 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)

<sup>6</sup> Source: Burgerstein Handbook Nutrients



## Multivitamin-Mineral CELA

100 tablets | PZN 3052629



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



## Schwangerschaft & Stillzeit

60 tablets | PZN 3951575



During and after pregnancy, the need for vitamins, minerals and trace elements is higher. Burgerstein pregnancy & breastfeeding has been specially designed to meet the increased needs of the mother and support the growth and development of the child. In combination with Omega-3 DHA you are well cared for!



## Spirulina

180 tablets | PZN 3052598



Burgerstein Spirulina tablets contain spirulina - a freshwater algae from controlled organic cultivation and is nowadays known as superfood. Burgerstein Spirulina is ideally served between meals. Burgerstein Spirulina is a natural source of nutrients with a high content of amino acids and natural antioxidants. Spirulina is a classic food supplement that is regularly used by many people to support their daily well-being. 3 g of spirulina are usually sufficient to benefit from the known positive properties of this algae.

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

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