



Essential for the metabolism

ChromVital

Dolomit

Eisen plus

Eisen vegan

MagnesiumVital

MagnesiumVital direct

SelenVital

ZinkVital

Zink-C Toffees

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



Chrome

General information

In the body, chromium is mainly present in the liver, spleen, bones, fat and muscles and the concentration decreases with age.

Chromium has partly unknown functions in metabolism, as many processes in connection with this trace element have not yet been elucidated. Chromium plays an important role in the metabolism of carbohydrates, especially in the absorption of sugar (glucose tolerance).

Depending on this, chromium influences the metabolism of fats. In sufficient quantities, it helps to lower total cholesterol and „bad“ LDL cholesterol and increase „good“ HDL cholesterol.

Chromium picolinate has extensive applications:

- **Muscle building**

With long-term use, chromium picolinate can help build quality muscle. The supporting effect of chromium picolinate regulates insulin function. With the help of insulin, glycogen is stored in the muscles. Furthermore, insulin efficiently transports amino acids into the muscle cells. If insulin functions better due to chromium picolinate, you can build up more muscle mass in less time.

- **Sugar metabolism**

Among other things, chromium enables the blood sugar hormone insulin to dock onto its receptors. This allows sugar to pass from the blood into the body's cells and the blood sugar level to drop. In addition, chromium is a component of a special factor - the glucose tolerance factor. This factor strengthens the effect of insulin and ensures that sugar reaches the cells.

- **Lose weight**

Study results suggest that chromium picolinate can be helpful in dieting. It is said to counteract cravings during a change of diet. One study shows that chromium picolinate can actually have a positive effect on eating behaviour, feelings of hunger and cravings for certain foods, as well as on weight gain, and that these changes are due to effects in the brain.¹



Burgerstein ChromVital contains the entire daily requirement of the vital trace element chromium per tablet. The small tablets are easy to swallow and contain organic, easily digestible chromium picolinate.

For whom is ChromVital particularly suitable?

Chromium contributes to the maintenance of normal blood sugar levels. Chromium contributes to a normal metabolism of macronutrients (carbohydrates, protein and fat).

VEGAN

Without artificial

- Flavours
- Preservation
- Colouring

Without genetic engineering

- People of all ages for
 - the regulation of blood glucose levels
 - improvement of insulin resistance
 - better fasting blood glucose levels
 - the cellular glucose utilization as well as
 - the metabolism
- In lipometabolic disorders - influence triglyceride and total cholesterol values and total cholesterol, as well as the HDL:LDL quotient
- Reduces body fat through improved muscle development
- Reduces cravings
- Athletes: Chromium requirements are generally higher in competitive athletes

Nutritional values	per daily portion (1 tablet)	NRV*
chrome	160 µg	400%

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



Burgerstein Dolomit contains an optimal combination of calcium and magnesium and is designed to meet specific needs:

- **Athletes**

Magnesium and calcium contribute to normal energy metabolism and normal bones. Magnesium supports normal muscle function and contributes to electrolyte balance.

- **Pregnant women & nursing mothers**

Magnesium has a function in cell division and contributes to normal muscle function and normal energy metabolism. Calcium and magnesium are also required for the maintenance of normal bones.

- **Children and adolescents**

Calcium is needed for healthy growth and bone development in children.

- **To supplement a multivitamin preparation**

For all known applications of calcium and magnesium.

Did you know?

Magnesium and calcium products can be taken at the same time. Studies have not shown any interactions between the absorption of magnesium and calcium at the recommended dosages. Although magnesium and calcium have similar chemical properties, they are absorbed from the intestine via different transport systems. Calcium only reduces the absorption of magnesium if it is taken in quantities of more than 2 g per day.

Nutritional values	Per daily portion (5 tablets)	NRV*
calcium	600 mg	75%
magnesium	300 mg	80%

Recommended intake: Take up to 5 tablets daily with some liquid

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



Iron

The fuel for your blood formation.



Burgerstein Eisen 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 Eisen 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 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 deficiency²:

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 mg	100%
beta-carotene	1,2 mg	–
equivalent to vitamin A	200 µg	25%
vitamin B1	1,4 mg	127%
vitamin B2	1,6 mg	114%
pantothenic acid	6 mg	100%
vitamin B6	2 mg	143%
vitamin B12	2,5 µg	100%
folic acid	200 µg	100%
vitamin C	60 mg	75%
copper	1 mg	100%



Recommended intake:

1 capsule daily with a 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

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

² Source: Burgerstein Handbuch Nährstoffe - 13th edition

Eisen vegan



150 mini tablets | PZN 5849303

Iron deficiency is the most common deficiency in humans worldwide. It develops gradually and is often not yet detectable in the blood count. Yet iron is a vital trace element for all living cells.

Burgerstein Iron vegan is a high-quality complex, contains well-tolerated, organic iron (optimal utilization in the body). Supplements when there is an increased need for iron, e.g. with an unbalanced diet. Iron vegan should be taken until the iron level has normalized. Important: the earlier the deficiency is counteracted or precautions taken in good time, the sooner you will feel better. Iron and vitamin B12 contribute to the normal functioning of the energy metabolism and to the reduction of tiredness and fatigue.

Why iron vegan from Burgerstein?

- **Good tolerability** - thanks to moderate iron dosage
- **Flexible use:** e.g. 1 minitab/ day as a supplement to a multivitamin preparation in case of additional requirements (e.g. Multivitamin-Mineral CELA), or 3 minitab/ day to cover the daily requirement, please make sure to take vitamin C at the same time!
- **Easy to take:** The mini tablets are easy to swallow
- **A useful combination of iron and vitamin B12** - for all people who eat little or no meat (vegetarians/vegans)
- **Practical click dispenser**

micro-nutrient	Per daily portion		Per daily portion	
	1 mini tablet	NRV*	3 mini tablet	NRV*
iron	5 mg	36%	15 mg	108%
vitamin B12	2,5 µg	100%	7,5 µg	300%

Recommended intake: Take 1-3 mini tablets daily with a little liquid as required

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

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

Magnesium fulfils many tasks in the metabolism. It supports the normal function of the nervous system and muscles, is important for the maintenance of bones and teeth, as well as a balanced electrolyte balance. In addition, magnesium contributes to the reduction of tiredness and fatigue, as well as to a normal mental function. Burgerstein Magnesiumvital contains easily utilisable, organic magnesium compounds.

When is MagnesiumVital used?

- **During sport**
Magnesium contributes to the electrolyte balance
Magnesium contributes to a normal muscle function
- **During pregnancy & breastfeeding**
Magnesium helps to reduce tiredness and fatigue
- **For the energy metabolism**
Magnesium contributes to a normal energy metabolism
- **For the nerves**
Magnesium contributes to a normal functioning of the nervous system
Magnesium contributes to a normal mental function
- **For muscles and bones / teeth**
Magnesium contributes to a normal muscle function
Magnesium contributes to the maintenance of normal bones / teeth

Per daily portion (2 tablets)		NRV*
magnesium	300 mg	80%

Recommended intake: Take 2 tablets daily with some liquid

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

Important: Magnesium supplements containing more than 250 mg of magnesium may have a laxative effect.



Burgerstein MagnesiumVital direct overview

Dosage	100% of the daily requirement of magnesium (375 mg (15.4 mmol)) in one stick
Content	Optimal magnesium combination: organic magnesium citrate supplemented with magnesium oxide for good bioavailability combined with good compliance thanks to low granule quantity
Taste	<ul style="list-style-type: none">Natural blackberry aroma
Intake	<ul style="list-style-type: none">Ingestion without waterPractical for on the go - ideal for the backpack, sports or travel bagIn case of increased need in the short term, but can also be used in the long termMagnesium preparations of 250 mg or more can have a laxative effect
Sweetener	<ul style="list-style-type: none">Without added granulated sugar; sweetened with birch sugar (xylitol)No aspartame or sorbitol - without artificial sweeteners

Nutritional values	Per daily portion (1 Stick)	NRV*
magnesium	375,00 mg	100 %
bread units (1 BU \triangleq 12 g carbohydrates)	0,07	—

Recommended intake: 1 x daily put the contents of one stick directly into the mouth without water.

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

Did you know: Of the approximately 20–30 grams of magnesium in our bodies, about 60% is found in the bones and almost 30% in connective tissue, especially in the liver and muscles. Magnesium is always found where calcium is needed and prevents intracellular calcium overload.



Burgerstein SelenVital contains 55 µg of easily utilisable, organic selenium per daily portion. Selenium is a trace element that occurs in minute quantities in many foods. Alpine countries in particular have selenium-poor soils and a sufficient selenium supply is therefore difficult.

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. Selenium also contributes to the maintenance of normal hair and nails.

Did you know?

Symptoms of a selenium deficiency include muscle disorders, fingernails with white spots, scaly and pale skin, thin hair and hair loss, liver dysfunction and fatigue.

When is SelenVital particularly suitable?

- **To protect the cells:** Selenium helps to protect the cells from oxidative stress
- **For the immune system:** Selenium contributes to a normal immune system function
- **For the thyroid gland:** Selenium contributes to a normal thyroid function
- **For hair and nails:** Selenium contributes to the maintenance of normal hair / nails
- **For men:** Selenium contributes to a normal sperm formation

Per daily portion (1 tablet)		NRV*
selenium	100 µg	182%

Recommended intake: Take 1 tablet daily with some liquid

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



Zinc

General information

A key element for our immune system: ZINC

A well-functioning, intact immune defence requires zinc at practically all levels. Zinc is essential for the development and multiplication of defence cells and for the production of specific antibodies. Our organism is therefore dependent on a regular and sufficient supply. Supplementation is important during growth, old age or when doing a lot of sport (zinc loss through sweat).

Zinc ...

- ... is essential for a normally functioning immune system
- ... is an important component of the insulin storage form and contributes to a normal carbohydrate metabolism
- ... is a stabilising and structuring component of the bones
- ... contributes to the maintenance of normal skin, hair and nails
- ... contributes to normal growth and normal wound healing
- ... helps to protect cells from oxidative stress
- ... contributes to normal fertility in men and women
- ... contributes to a normal cognitive function - thinking, perceiving, remembering, learning
- ... contributes to a normal visual function
- ... contributes to a normal acid-base balance

Zinc is a vital trace element that cannot be produced by the body itself and can hardly be stored.

Zinc gluconate

The organism can absorb zinc from zinc gluconate almost as well as from zinc sulphate. In a pharmacokinetic study, six preparation forms of zinc gluconate and zinc sulphate were administered and the zinc levels in the blood were subsequently determined. Gastro-resistant tablets provided the worst result. The overall bioavailability of zinc gluconate is slightly better than that of zinc sulphate.³

Zinc bisglycinate

According to current studies, zinc bisglycinate provides the best bioavailability and is therefore recommended as the preferred form in food supplements.⁴

3 Source: zink-mangel.net/zinkarten-bioverfuegbarkeit. | 4 Quelle: Gandia P, Bour D, Maurette JM, Donazzolo Y, Duchène P, Béjot M, Houin G. A / bioavailability study comparing two oral formulations containing zinc (Zn bis-glycinate vs. Zn gluconate) after a single administration to twelve healthy female volunteers. Int J Vitam Nutr Res. 2007 Jul;77(4):243-8. PubMed PMID: 18271278.

15 mg | 100 tablets | PZN 3052569 – VEGAN

30 mg | 40 tablets | PZN 4182073 – VEGI

30 mg | 100 tablets | PZN 3848914 – VEGI

For whom is Burgerstein ZinkVital particularly suitable?

- **For all people as a daily food supplement**
During the cold season for the immune system
Zinc contributes to the normal function of the immune system
- **For the skin**
Zinc contributes to the maintenance of skin, hair, nails
- **For the man**
Zinc contributes to normal fertility and reproduction
- **For athletes**
Due to the loss of zinc through sweat, athletes may have an increased need

What is included?

Burgerstein ZinkVital 15 mg	1 tablet	Daily portion
zinc (zinc bisglycinate)	15 mg	150 % NRV*

Recommended intake 15 mg: Take one tablet daily with some liquid

Burgerstein ZinkVital 30 mg	½ tablet	Daily portion
zinc (zinc gluconate)	15 mg	150 % NRV*

Recommended intake 30 mg: Take half a tablet daily with some liquid

Free from (15 mg + 30 mg): peanuts, fructose, gelatine, gluten, yeast, granulated sugar, artificial sweeteners, lactose, soy protein/lecithin, sugar substitutes



Zink-C

tin 30 toffees | PZN 5571598

tin 60 toffees | PZN 5348452

Toffees with zinc, vitamin C & natural orange flavour. To suck or chew.

Burgerstein Zinc-C Toffees have the advantage that the active ingredients they contain have an additional local and rapid effect via the mucous membrane of the mouth and throat. Vitamin C can synergistically support the effect of zinc. They contain organic zinc citrate, which the body can optimally utilise. Zinc citrate is neutral in taste and pleasant to take.

The all-rounder: VITAMIN-C

Vitamin C supports a wide range of applications - including allergies, arteriosclerosis, asthma, increased resistance to infections, gout, osteoporosis, increased consumption of vitamin C by smokers, memory & moods.³

For whom is Burgerstein Zinc-C particularly suitable?

- People with a lot of contact with others (e.g. teachers and students, salespeople, civil servants, etc.)
- Older persons to support the immune system
- For all persons during the cold season - to support the immune system
- Children from 4 years

Per daily portion (1 toffee)	NRV*
carbohydrates	3,5 g —
thereof sugar	3,5 g —
vitamin C	80 mg 100 %
zinc	10 mg 100 %
bread unit**	0,29 —

Recommended intake: In principle, zinc-C can be taken by people of all ages - even by those who cannot or do not want to swallow tablets and capsules (children, elderly people, etc.). By children only when they are able to chew or suck them and are no longer at risk of choking

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

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

** 1 BU (bread unit) corresponds to 12 g of carbohydrates.



ImmunVital

60 capsules | PZN 5585956 - VEGAN

20 sachets | PZN 4375808 - VEGI



Beta-glucan from yeast (Wellmune®) and vitamins & trace elements to support the immune system. Available in capsule form or as a 20-day drinking cure as tasty elderberry juice (Sachets with juice only in the winter months (september – april) available!).



Vitamin C 1000mg time-release

60 tablets | PZN 3988443



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



Vitamin D3 Spray 800 IE

20ml | PZN 5404038



Burgerstein Vitamin D3 Spray contains vitamin D3 in the form of the easily utilisable cholecalciferol. The tasteless spray, based on coconut oil, is of course alcohol-free and therefore also ideal for children. The spray is VEGAN, as the vitamin D3 is obtained from microalgae. One bottle contains approx. 140 sprays of 800 IU vitamin D3.

Burgerstein products are available without prescription at your pharmacy.

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