



The specialists for your health

Brain PS+

Eisen plus

EyeVital

hair&nails

ImmunVital

sun

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+

60 Kapseln | PZN 5849289

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 ...

... Bacopa Monnieri is also called Brahmi? The extract has been used in traditional Indian medicine (Ayurveda) for centuries and enjoys a reputation as one of the best plant substances. The main uses of the extract are to improve cognitive function and memory, reduce stress and improve general mood and vitality.

... various studies have shown an improvement in memory deficits and in the processing of visual stimuli, the ability to grasp and learn, and the ability to remember.



Brain PS+

60 capsules | PZN 5849289

Burgerstein Brain PS+ contains pantothenic acid and natural phosphatidylserine from soya lecithin, which is found 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, when preparing for exams, concentrated and efficient learning are essential.

Support your mental performance now with the improved Brain PS+.

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?

- Older people: A regular intake of phosphatidylserine (PS) can have a positive effect on the maintenance mental performance and memory capacity
- Pupils and students: Especially when preparing for exams, where concentrated and efficient learning is required.
- People with high demands at work and in everyday life: The increased demands of work and and everyday life, as well as the daily flood of information, demand constant attention and an alert mind.

Per daily portion (2 capsules)		NRV*
Vitamin B12 (thiamine)	7,5 µg	300%
Pantothenic acid (B5)	18 mg	300%
Bacopa monnieri extract (CDRI-08)	320 mg	–
Phosphatidylserine	100 mg	–

Recommended intake: Take 2 capsules daily with a little 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 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%

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



Recommended intake: 1 capsule daily with a meal

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.

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

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

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: peanuts, gelatine, gluten, artificial sweeteners, lactose, soy protein/lecithin, sugar substitutes

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



Preparing the skin for the sun

General information

There is no sunscreen to eat or swallow. However, it appears that skin that has an optimal supply of various micronutrients has a better ability to compensate for sun damage.

The micronutrients beta-carotene, lycopene, vitamins C and E, selenium, zinc and calcium are mainly referred to as „sun protection from within“. The functions of the nutrients in the organism provide an explanation for this. Lycopene and beta-carotene are carotenoids. Like vitamins C and E, they have an antioxidant effect and can therefore combat the formation of radicals caused by UV radiation.

As the metabolism of the trace element selenium is closely linked to that of the vitamins, it helps to support vitamins C and E. It is also essential for good immune function. Zinc is contained in over 300 enzyme systems and has a significant influence on cell metabolism (the skin is one of the tissues with a high rate of cell division). It can therefore help to regenerate sun-damaged skin. Calcium is of crucial importance for the skin's defence function, as it plays a decisive role in maintaining and stabilizing the cell membrane, among other things.

The following foods contain a considerable amount of the micronutrients mentioned in the diet:

- **Beta-carotene:** Mainly in carrots, but also in pumpkin, peppers, broccoli, peas, cabbage, mango, papaya
- **Lycopene:** Tomatoes and products made from them (especially tomato paste)
- **Vitamin C:** peppers, broccoli, cabbage, citrus fruits, berries, kiwi
- **Vitamin E:** vegetable oils, cereals, nuts, dairy products, eggs
- **Selenium:** Pork, fish, eggs
- **Zinc:** Seafood, fish, pulses, oatmeal, eggs, nuts



sun

230 capsules | PZN 5919587

Burgerstein Sun was developed to prepare the skin for increased sun exposure and contains important micronutrients such as vitamin C, selenium and natural carotenoids (astaxanthin, lycopene), which help to protect the skin from oxidative stress.

Who is Burgerstein sun particularly suitable for?

- **For all people who like to be in the sun at work and in everyday life,**
Vitamins C and E as well as selenium help to protect the cells from oxidative stress.
- **Travelers such as hikers and beach lovers**
- **People who want to do something good for their skin**
Vitamin C contributes to normal collagen formation for normal skin function.

Astaxanthin is a reddish-purple pigment that is produced by the microalgae *Haematococcus pluvialis*, among others. This alga is eaten by many marine animals such as crabs, salmon, shrimps, krill and flamingos. It is therefore also responsible for their reddish color.

Nutritional values	per daily portion (1 capsule)	NRV*
Beta-carotene	7,5 mg	–
Vitamin C	120 mg	150%
Vitamin E	18 mg	150%
Selenium	20 µg	36%
Astaxanthin	4 mg	–
Tomato extract	142 mg	–
therof lycopene	8,5 mg	–



Recommended intake: Take 1 capsule daily with a little liquid.

Burgerstein sun should be taken at least 3 weeks before sun exposure. It does not replace external sunscreens. Do not take on the same day as other food supplements containing astaxanthin esters.

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



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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