



For a healthier life

Beta-Carotin

B-Komplex

B50 aktiv

Vitamin B12 Boost

Vitamin C 1000mg time-release

Vitamin C-Komplex

Vitamin D3 Spray 800 IE

Vitamin D3 600 IE

Vitamin D3 2000 IE

VitaMini Gummies

Vitamin K2

Naturally good.



Burgerstein Vitamine

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



Beta-carotene

General information on beta-carotene

β -Carotene is the most important precursor of retinol (vitamin A) and is therefore also known as provitamin A. Vitamin A is necessary for the visual process, growth, the immune system and the development of various cells and tissues. It also regulates the structure of the skin and mucous membranes and thus their function [Biesalski, 1995].

The best sources of beta-carotene are kale, deep yellow to orange fruits and vegetables, but also dark green vegetables. Kale has the highest beta-carotene content of all foods at 8.68 mg β -carotene/100 g.

Where is beta-carotene contained?

- yellow to orange vegetables: carrots, sweet potatoes, pumpkins
- yellow to orange fruits: persimmons, apricots, papayas, mangoes, nectarines, peaches, pears, sea buckthorn
- dark green vegetables: kale, spinach, broccoli, endive, chicory, cress, rocket salad
- other sources of β -carotene are: Tomatoes, asparagus, peas, cabbage, corn, sour cherries, plums

Is there a difference between isolated beta-carotene and naturally occurring beta-carotene?

Press reports occasionally warn against the consumption of isolated beta-carotene. In contrast, the consumption of beta-carotene from fruit and vegetables is said to be harmless to health. What is the difference? Beta-carotene can be isolated from traditional foods or other sources such as algae or yeasts, or it can be produced synthetically. Isolated beta-carotene and beta-carotene from fruit and vegetables are chemically the same.

What is relevant is that they are differently available to humans, i.e. the beta-carotene levels in the blood rise to different degrees after consuming the same amount. Isolated beta-carotene is very readily available, i.e. the levels in the blood rise more strongly. In contrast, beta-carotene from fruit and vegetables is much less available, i.e. the levels in the blood rise less strongly. The availability of beta-carotene from fruit and vegetables also depends strongly on the composition (fat content) and preparation of the meal (raw or cooked) [van het Hof et al., 2000]. Unabsorbed beta-carotene is excreted in the stool, the elimination of metabolites (metabolites are substances that are formed as intermediates or as degradation products of metabolic processes of the organism) takes place in the urine. Carotenoids remain in the body for between 5 and 10 days.

Beta-carotene

General information on beta-carotene



Beta-carotenoids & sunlight

Photooxidative processes* play a significant role in the development of skin changes and skin damage. Increased UV exposure not only occurs during the summer and vacation season, but can also occur during short stays outdoors, where local sun protection (sunscreen) is usually not used. Carotenoids, especially beta-carotene, are used for long-term prophylaxis against photodamage.

The intake of beta-carotene over a period of ten weeks leads to a reduced development of UV-induced erythema. Another study also shows that an increased intake of beta-carotene provides significant protection against skin ageing. However, additional local measures (sun protection) are essential to ensure complete protection in the case of strong sun exposure.

*Photo-oxidative processes: When high-intensity light hits the skin, energy is released which leads to the oxidation process. The accumulation of reactive oxygen damages the skin.

Intake and important information

The intake of large amounts of beta-carotene (30 milligrams per day and more), both in the form of food supplements and in the form of conventional foods, can lead to yellowing of the skin (carotenoderma). However, the yellowing of the skin is not associated with any health problems and disappears again after reducing the beta-carotene intake.

Caution is advised with long-term heavy smokers. There are studies that indicate that smokers may experience health problems. It is recommended to discuss and clarify the intake with a doctor beforehand.

Beta-Carotin

100 capsules | PZN 5951013



Beta-Carotin supports:

- **The skin and mucous membranes**

Vitamin A contributes to the maintenance of normal skin and mucous membranes.

- **The eyes**

Vitamin A contributes to the maintenance of normal vision

- **Increased sun exposure on vacation & summer**

Beta-carotene contributes to the maintenance of normal skin (antioxidant). Beta-carotene itself acts as an antioxidant in the body and protects against oxidative damage. There is also evidence that it increases the skin's light protection: beta-carotene is deposited in the various cell layers of the skin, where it acts as an antioxidant and light filter. In this way, it supports the skin's own sun protection mechanisms.

Per daily portion	1 capsule	NRV*	2 capsules	NRV*
Beta-carotene	6,0 mg	125%	12,0 mg	250%

Recommended intake:

Take 1 or 2 capsules daily with a little water.

Free from: Granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/soy lecithin



Further information can be found at: www.burgerstein.at

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

B Vitamins

General information

Scientists and researchers agree that the vitamin B complex is particularly important for our health. The B vitamins perform many important tasks in the body. They support energy and muscle function, contribute to a healthy immune system and promote cardiovascular health. If you want to have beautiful skin and strong hair, you need sufficient vitamin B.

The body consumes particularly large amounts of vitamin B, especially during physical, mental and emotional stress. A vitamin B complex is therefore particularly suitable for people who are often under stress.

Although the B vitamins are grouped together, they are quite different from a purely chemical point of view. All B vitamins are soluble in water but not in fat. Most of the water-soluble vitamins cannot be stored by the body. So you need to take them regularly to make sure that there is no deficiency.

Vitamin B12 is an exception. A healthy person has a store of vitamin B12 and can get by without an adequate supply for several months. However, **most people do not have enough vitamin B12 in their body**, so deficiency symptoms can still occur (i.e. Vegan).



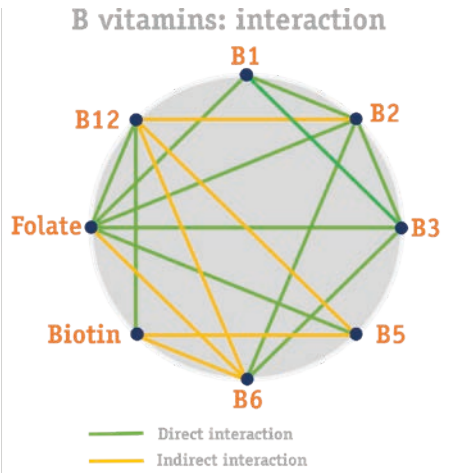
B Vitamins

General information

The B vitamins work together

The group of B vitamins comprises a total of eight vitamins which, as coenzymes, take on central functions in many metabolic processes. Although these vitamins are grouped together as a B complex, the eight B vitamins are completely different substances and are vitamins in their own right.

Nevertheless, the vitamins of the vitamin B complex work very closely together. Some B vitamins are needed to activate other B vitamins, so a lack of one B vitamin can also affect the effect of another. The lack of individual vitamins, but also an imbalance in the supply can therefore be problematic.



Vitamin B deficiency

In view of the varied tasks of the B vitamins, it is clear how important the vitamin B complex is for health. A vitamin B deficiency can cause many complaints.

Vitamin B deficiency symptoms

The B vitamins are involved in many processes in the organism. The symptoms of a vitamin B deficiency are correspondingly varied and often also unspecific. For example, a vitamin B deficiency can cause symptoms of the skin, the nervous system or even muscle function.

The possible symptoms of vitamin B deficiency include^{1,2,3}:

- Headaches (B1)
- Memory and concentration disorders up to dementia (B1)
- Dry and inflamed skin (B2 and B6)
- Loss of appetite, diarrhoea and vomiting (B6)
- Red blood cell deficiency (B12)
- Damage to the mucous membranes of the mouth and throat (B12)

1 Briani C, Dalla Torre C, Gitton V, et al. Cobalamin deficiency: clinical picture and radiological findings. *Nutrients*, 5(11), 2013, 4521–4539.

2 Gibson GE, Hirsch JA, Fonzeetti P, Jordan BD, Cirio RT, Elder J. Vitamin B1 (thiamine) and dementia. *Ann NY Acad Sci*, 1367(1), 2016, 21–30.

3 Spinneker A, Sola R, Lemmen V, Castillo MJ, Pietrzik K, González-Gross M. Vitamin B6 status, deficiency and its consequences—an overview. *Nutr Hosp*, 22(1)7–24.

B Vitamins

Overview⁴

Vitamin B1 (thiamine)

The body has only a small storage capacity for this vitamin, about 30mg, so a regular, daily supply is necessary. B1 is needed in the body for energy metabolism, the nervous system and protein synthesis.

Vitamin B2 (riboflavin)

B2 plays an important role within the carbohydrate, fatty acid and protein metabolism in the cell. B2 has an antioxidant effect, helps in energy production and is responsible for the growth and supply of tissue.

Vitamin B3 (nicotinic acid/niacin)

B3 is found in foods and supplements in two forms: nicotinic acid and niacinamide. Both can be converted by the body into the metabolically active form niacin. B3 has an antioxidant and anti-inflammatory effect, together with chromium it is responsible for the formation of GTF (regulates blood sugar levels with insulin), supports cholesterol metabolism and is necessary for the function of over 200 enzymes.

Vitamin B5 (panthothenic acid)

Panthothenic acid plays a central role in the energy metabolism in the cell. It is involved in over 100 reactions which influence the breakdown of carbohydrates and fats and thus the build-up of cell energy. It is also involved in the body's own production of sex hormones as well as cholesterol and vitamin D.

Vitamin B6 (pyridoxine)

B6 is taken up from food and converted in the body into its active form coenzyme pyridoxal 5-phosphate. The activation of B6 requires an appropriate zinc and vitamin B2 status. B6 is essential for the formation of niacin and haemoglobin and plays an important role in fat metabolism.

Vitamin B7 (biotin/vitamin H)

Biotin is an indispensable component of important enzymes in sugar, fat and amino acid metabolism. Important steps in the formation and breakdown of fatty acids depend on enzymes containing biotin and influence the activity of various genetic information.

Folic acid

Normally, the body stores only small amounts of folic acid, half of which is stored in the liver. Folic acid plays a crucial role in the normal development of the foetus and in the synthesis of structural and functional proteins. Coenzymes containing folic acid are important for the production of DNA during cell growth throughout the body.

Vitamin B12 (cobalamin)

B12 is involved in the formation of red blood cells in the bone marrow, is necessary for the conversion of folic acid into its active form and is an extremely important co-factor in the metabolism of the mitochondria (where energy production takes place in the cell).



Who is our B-Komplex suitable for?

- **for all adults and teenagers from 13 years**
- **for the nerves**
B vitamins contribute to the normal functioning of the nervous system
- **for the energy metabolism**
B vitamins and vitamin C contribute to a normal energy metabolism
- **for fatigue and tiredness**
Magnesium and vitamin B12 help to reduce fatigue and tiredness
- **for the mental function (e.g. motivation) and mental performance**
Biotin contributes to a normal mental function and pantothenic acid supports normal mental capacity
- **for blood formation**
Folate/folic acid contributes to a normal blood formation and vitamins B12, B6 and B2 to a normal formation of red blood cells
- **for the skin and mucous membranes**
Niacin and vitamin B2 contribute to normal skin and mucous membranes

Per daily portion (1 tablet)		NRV*
Vitamin B1 (thiamin)	3,3 mg	300%
Vitamin B2 (riboflavin)	4,2 mg	300%
Vitamin B6 (pyridoxine)	4,2 mg	300%
Vitamin B12 (cobalamin)	20,0 µg	800%
Biotin (B7/H)	150,0 µg	300%
Folic acid (B9)	400,0 µg	200%
Vitamin B3 (niacin)	48,0 mg	300%
Vitamin B5 (pantothenic acid)	18,0 mg	300%
Vitamin C	120,0 mg	150%
Magnesium	60,0 mg	16%
Choline	50 mg	–

Recommended intake:

1 tablet every day with a little liquid. B Komplex can be taken regularly and on a long-term basis. For an optimal absorption best when sober or between meals.

Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine

The new B50 active complex contains all 8 B vitamins for physical and mental health/performance. **The new formulation is characterized by activated B vitamins, which offer better bioavailability.** In addition, we have improved compliance and filled the daily dose in one capsule. This eliminates the need to divide the tablet or take it only every other day.

Who is our B50 aktiv suitable for?

- As a dietary supplement for people who are especially challenged in their work and everyday life
- As a food supplement for fatigue and lack of energy. B vitamins contribute to the support of the energy metabolism
- B vitamins contribute to the structure and function of nerve cells
- The need for B vitamins may be increased during mental and physical stress, which makes it advisable to supplement your diet with B vitamins

Recommended intake:

Every day take 1 capsule with some liquid. After taking two packs (60 capsules), you should take a break of at least 6 weeks.

Per daily portion (1 capsule)		NRV*
Vitamin B1	25 mg	2273%
Vitamin B2	25 mg	1786%
Vitamin B6	10 mg	715%
Vitamin B12	250 µg	10000%
Niacin	25 mg	157%
Panθοthenic acid	50 mg	834%
Biotin	250 µg	500%
Folic acid	250 µg	125%

Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine



Vitamin B12 Boost



100 mini tablets | PZN 5405753

Burgerstein Vitamin B12 Boost contributes to a normal nervous system function and helps to reduce fatigue. It is highly dosed and is useful for mental and physical stress as well as a vegan lifestyle, as vitamin B12 is mainly found in non-vegan food.

Vitamin B12 is classified as a „critical nutrient“ for vegans and is found almost exclusively in food with animal origin. „Vegans need to take the vitamin permanently as a supplement!“ Users do not have to worry about a potential overdose because excess vitamin B12 is eliminated by the body.

For optimal substitution in case of diagnosed B12 deficiency!

For whom or for what is our Vitamin B12 Boost suitable?

- Vitamin B12 is essential for all cell division and growth processes and is, in addition to folic acid and iron, responsible for the formation of red blood cells
- Vitamin B12 supports the function of the nervous system
- Vitamin B12 is produced by the body itself via intestinal bacteria, but must be additionally supplied via the diet. Particularly important is the sufficient supply for vegetarians and vegans, as vitamin B12 is mainly found in food with animal origin
- Older people may also have an increased need

Per daily portion (1 mini tablet)	NRV*
Vitamin B12	500 µg 20000%

Recommended intake: www.burgerstein.at

Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine



Further information can be found at: www.burgerstein.at

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

Stress-free and fit every day.



Burgerstein TopFit

- Contributes to better stress management
- 20 ingredients, including all eight B vitamins + ginseng extract
- Supports the energy metabolism for tiredness and fatigue
- Iodine-free
- 1 capsule/day

Original Swiss recipe.

Infos on: www.burgerstein.at

Tut gut.



Burgerstein Vitamine

Vitamin C

General information

The water-soluble vitamin C, also known as ascorbic acid, is vital and has many different functions. It gives off electrons and traps free radicals like reactive oxygen molecules, so it has antioxidant effects, i.e. it reduces oxidative damage in the body. Vitamin C plays a central role in the formation of collagen (connective tissue, cartilage and bones), carnitine and hormones. Vitamin C must be supplied with food, as the human organism is not able to produce it itself, in contrast to animals. Since vitamin C cannot be stored in the body, a continuous intake of the vitamin is necessary.

Vitamin C contributes ...

- ... to a normal function of the immune system
(also during and after intensive physical activity)
- ... to a normal function of the nervous system
- ... to protect the cells from oxidative stress
- ... to a normal energy metabolism
- ... to reduce fatigue and tiredness
- ... to regenerate the reduced form of vitamin E
- ... to an increased absorption of iron



Vitamin C and L-ascorbic acid - natural or synthetic

An article from the scientific department of Burgerstein.

Burgerstein weighs up the advantages and disadvantages very carefully when selecting raw materials: There is often not THE optimal active ingredient or THE optimal source.

For us, naturalness means providing the body with micronutrients in a form that it knows and can use optimally. As far as possible, we avoid unnecessary additives, artificial flavors or sweeteners that are foreign to the body. The most natural way to take vitamins is through a balanced, healthy diet. Where this is not possible, or to correct deficiencies, high-quality, readily bioavailable micronutrients can be used.

In terms of vitamin C, we are always dealing with L-ascorbic acid, both in natural and synthetic sources. There is no difference between these forms.

Claims that you often see posted on the Internet („L-ascorbic acid is bad, only natural vitamin C is good“) are simply unscientific fake news. Ascorbic acid, i.e., vitamin C (from acerola extract or from eaten lemons, hot peppers, etc.) is chemically 100% exactly the same molecule as synthetically produced vitamin C (i.e., from grape sugar) and has 100% the same physiological effect in the body. The molecule is exactly the same. The only difference between „natural“ and „synthetic“ vitamin C is the so-called matrix effect, i.e., vitamin C obtained from plants always contains

additional plant components. It is also known that many plant-derived vitamin C raw material sources are deliberately enriched with synthetic vitamin C, as otherwise the vitamin C content would be too low.

To what extent the additional plant components are healthy (bioflavonoids) or even harmful cannot be generalized. What is clear is that the bioavailability of vitamin C is not significantly affected by these additional plant components - since vitamin C must be freely present in dissolved form in order to be absorbed via specific receptors and/or glucose receptors. In part, plant components may protect vitamin C in the intestine (as vitamin E can do), in part they slow its absorption by blocking some of the receptors.

Conclusion: Vitamins from natural sources are not better per se, which is why we at Burgerstein take a more differentiated approach to the selection of our active ingredients, depending on the product.

Since synthetic vitamin C is chemically indistinguishable from natural vitamin C, we use the synthetic form in various products. Both forms are ultimately L-ascorbic acid and the intestinal cells that absorb it - like the whole body - do not distinguish how the molecule was produced. For Burgerstein products, we place the highest value on a qualitatively impeccable origin and optimal efficacy.

Vitamin C 1000mg time-release



60 tablets | PZN 3988443

Burgerstein Vitamin C 1000mg time-release contains vitamin C from acerola and rose hip fruit powder, among other things and therefore has plenty of natural vitamin C.

The tablet is characterised by its depot function (time-release), the vitamin C contained in the product is slowly released over several hours. This enables the body to absorb & process this important vitamin without any losses.

The depot function is only given if the tablet is not divided or ground.

Did you know?

The vitamin C status is also influenced by other factors such as smoking, pregnancy and breastfeeding. In these cases the vitamin C requirement is increased. The consumption of certain drugs can also increase the vitamin C requirement. For example, the contraceptive pill, painkillers and the so-called Sulfonamides (used as antibiotics or diabetes medication).

Diabetics and the elderly are among those people who should take particular care to ensure a sufficient supply of vitamin C to avoid the risk of a deficiency.

Per daily portion (1 tablet)		NRV*
Vitamin C	1000 mg	1250%

Recommended intake: 1 tablet daily with some liquid

Free from: granulated sugar, sorbitol, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine



Further information can be found at: www.burgerstein.at

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

Vitamin C-Komplex

40 tablets | PZN 4023328



Burgerstein Vitamin C-Komplex contains vitamin C and plant substances from citrus fruits, rose hips and the Japanese plectrum. Vitamin C contributes to a normal collagen formation to ensure a normal functioning of the blood vessels and skin. The valuable plant substances are an ideal supplement.

Bioflavonoids - active plant substances

The bioactive plant substances contained in Burgerstein Vitamin C-Komplex (extract from lemon peel and fruit, Japanese stringwood and rose hip) serve the tissue and blood vessels and complement the action of vitamin C.

Did you know?

Bioflavonoids belong to the plant pigments that give many of our plant-flowers and their leaves their colouring. There are about 4,000 of them. Not all have a biological activity, but their importance for human health was already recognised in the 1930s. The natural flavonoids of the plants are among the substances that influence the oxidation metabolism of the cell. They are usually extracted from the white peel skin of citrus fruits. The body cannot produce bioflavonoids on its own, but has to rely on intake via diet or suitable preparations.

Per daily portion (1 tablet)

NRV*

Vitamin C	240 mg	300%
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Recommended intake: take 1 tablet daily with some liquid

Free from: granulated sugar, sorbitol, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine



Further information can be found at: www.burgerstein.at

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

Vitamin D

General information

Vitamin D is the only vitamin for which the biologically active form is a hormone. The name „Vitamin D“ refers to a group of related compounds. Vitamin D₃, also called cholecalciferol is the vitamin D form that our skin synthesises from cholesterol when it is exposed to the sun (UV-B). Vitamin D₃ is activated in the liver, the further conversion to calcitriol takes place in the kidney. Calcitriol is the most effective form of vitamin D. It ensures the absorption of calcium from the intestines and kidneys and the incorporation of calcium into the bone matrix. Cholecalciferol (also known as colecalciferol or short calciol) is the most important physiological form of vitamin D in humans.

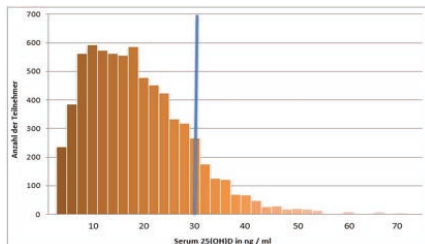
Chronic liver and gallbladder diseases and other disorders of the digestive tract, where fats are poorly absorbed, also reduce the absorption and storage of vitamin D. In people with kidney disease the conversion of vitamin D into the active form calcitriol is reduced and the kidney loses more and more of its ability to convert vitamin D₃ into its active form. The skin is also much less efficient when it comes to the formation of vitamin D₃.¹



Vitamin D

Deficiency

A publication by the Robert Koch Institute (RKI) from 2015 also shows a large shift in vitamin D deficiency levels.⁵ If the reference value of 30 ng/ml is applied to these results, just under 12% of the representatively selected adult citizens in Germany have sufficient vitamin D levels in the period 2008-2011 (see figure).



Starting from a limit value of 30 ng/ml vitamin D, a deficiency is found in almost 90% of adult German citizens in a representative collective of the Robert Koch Institute.⁵

Other publications also confirm this situation: already in the years between 1997 and 1999, 23.6% of German women and 23.7% of men had a vitamin D deficiency (< 20 ng/ml). Between 2008 and 2011, the percentage rose to 29.7% for women and 30.8% for men, which corresponds to an increase in deficiency of 25% for women and 30% for men.⁶

Functions of vitamin D3

Vitamin D3 ...

- ... supports the development of cells in a wide variety of tissues, cell differentiation and healthy cell maturation
- ... supports the immune system in the formation of natural „killer cells“
- ... supports the cardiovascular system
- ... supports a normal bone formation
- ... supports the absorption and utilisation of calcium in the bones
- ... contributes to a normal absorption and utilization of calcium and phosphorus
- ... contributes to the preservation of normal teeth
- ... contributes to a normal calcium level in the blood

5 Rabenberg, Martina; Scheidt-Nave, Christa; Busch, Markus A.; Rieckmann, Nina; Hintzpete, Birte; Mensink, Gert B. M. (2015): Vitamin D status among adults in Germany—results from the German Health Interview and Examination Survey for Adults (DEGS1). In: BMC public health 15, S. 641. DOI: 10.1186/s12889-015-2016-7.

6 S Mehany , C Pöppelmeyer, N Cvjetkovic, N Barkhordarian, O Prochazka, K Buchinger, O Helk, B Wessner, H Klinglmayer, G Schwarz, O Pachinger, K Widhalm. Niedrige Vitamin-D-Blutspiegel in Wiener Schulkindern: EDDY Studie, *Aktuell Ernährungsmed* 2015; 40 – P2_3. DOI: 10.1055/s-0035-1550200.

Vitamin D3

20 ml spray (800 IE) | PZN 5404038 | VEGAN
30 capsules (2000 IE) | PZN 5063043 | VEGI

100 capsules (600 IE) | PZN 3468732
60 capsules (2000 IE) | PZN 5404021



Per daily portion (1 spray shot)

NRV*

Vitamin D3 (800 IE)	20 µg	400%
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Burgerstein Vitamin D3 Spray contains vitamin D3 in the form of the good usable cholecalciferol. The **tasteless spray**, on basis of coconut oil, is of course **alcohol-free** and therefore also ideally suited for children from the 13th month.

Recommended intake: 1 spray (=0.14 ml) daily with or after a meal. 1 pack is sufficient for approx. 140 spray bursts.

Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine

Per daily portion (1 capsule)

NRV*

Vitamin D3 (600 IE)	15 µg	300%
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Recommended intake: take 1 capsule daily, with or after a meal, with a little liquid.

Free from: fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin

Per daily portion (1 capsule)

NRV*

Vitamin D3 (2000 IE)	50 µg	1000%
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Recommended intake: 1 capsule daily with or after a meal. The recommended daily dose should not be exceeded.

Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin

Burgerstein VitaMini are vegan gummies with a natural peach flavor. The vitamins and minerals they contain cover the needs of children aged 4-12 years. The gummies are an ideal supplement to the diet, especially in times of increased need. Vitamin D is needed for healthy growth and bone development in children. Vitamin D contributes to the normal function of the immune system in children. Iodine contributes to the normal growth of children.

Per daily portion (1 gummy)		NRV*
vitamin D3	5 µg	100%
vitamin E	6 mg	50%
vitamin K1	37,5 µg	50%
vitamin C	20 mg	25%
vitamin B6	0,7 mg	50%
vitamin B12	2,5 µg	100%

Per daily portion (1 gummy)		NRV*
niacin	8 mg	50%
biotine	25 µg	50%
folic acid	150 µg	75%
zinc	4 mg	40%
selenium	27,5 µg	50%
iodine	75 µg	50%



Recommended intake: chew 1 gummy once a day (from 4 years)

International bread units: 1 gum = 0.23 BU

Free from: Artificial flavors, colors, genetic engineering, preservatives, fructose, peanuts, gelatine, gluten, yeast, lactose, soy lecithin/soy protein



Vitamin K

General information

Vitamin K2, like vitamins D, E and A, is a fat-soluble vitamin and is considered an essential nutrient.

Vitamin K2 is **important for the activation of osteocalcin and MGP** (matrix GLA protein), which transport calcium to the bones and store it where it belongs. Vitamin K2 works in synergy with vitamin D, which **promotes the formation of osteocalcin and MGP**. At the same time, **calcification of blood vessels and other tissues is prevented** or dissolved. Furthermore, vitamin K2 has a whole range of other abilities in addition to its bone-building function.

The storage capacity in the body is limited, natural vitamin K2 has a half-life of 3 days, and the metabolic rate is very high, so a daily intake is recommended.

Vitamin K is an extremely light-sensitive vitamin. In order to protect the MK7 optimally, various measures are necessary during production. Dark capsules and an additional folding box ensure that the vitamin K is available in an optimal form.



Vitamin K2

60 capsules | PZN 5090982



Burgerstein vitamin K2 capsules contain high-quality, pure vitamin K2, which is particularly good absorbed by the body (all-trans menaquinone-7 = MK7).

When and for whom is vitamin K2 particularly suitable?

- For women and men
- Vitamin K2 helps to maintain normal bones
- Supports people at risk of osteoporosis
- For flexible combination with other micronutrients e.g. calcium and vitamin D3

The included MK7 ...

... is absorbed more efficiently, i.e. bioavailability is higher. The absorption of MK-7 is about 10 times better than the absorption of K1. In addition, it is better distributed in the circulation system and fabric than K1.⁷

... is significantly longer effective than MK-4 or phyloquinone. The intake leads to a more balanced Vitamin K status.⁷

Did you know that...

...vitamin K2 ensures that osteocalcin actively binds calcium in the bones?⁸ Thereby it contributes to the mineralisation of bone substance and teeth.

... vitamin K2 activates the so-called matrix-Gla-proteins, which are found in cartilage, blood vessels and occur in kidney, lung and spleen? The protein prevents calcium deposits in the soft tissue.

Per daily portion (1 capsule)	NRV*
Vitamin K2	180 µg 240%

Recommended intake: Take 1 capsule daily with some liquid

Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine



Further information can be found at: www.burgerstein.at NRV = reference quantity for daily intake according to EU Food Information Regulation (LMIV)

⁷ Quelle: <https://www.osd-ev.org/osteoporose-therapie/osteoporose-ernaehrung/vitamin-k-k2/>

⁸ Hauschka PV, Lian JB, Cole DE, Gundberg CM. Osteocalcin and matrix Gla protein: vitamin K-dependent proteins in bone. *Physiol Rev.* 1989 Jul;69(3):990-1047. Review. PubMed PMID: 2664828.



Omega 3 liquid

150 ml | 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 consumed by the whole family (children from 2 years of age). The fish oil comes from sustainable fishing and is certified according to „Friend of the sea“.



Coenzym Q10 50 mg

40 lozenges | PZN 5209093

100 lozenges | PZN 4802311

Burgerstein Q10 lozenges contain 50 mg natural coenzyme Q10(ubiquinone) from gently fermented yeast cells. The lozenges with natural orange flavour are gentle to the teeth and the coenzyme Q10 is absorbed particularly quickly and efficiently through the oral mucosa. Coenzyme Q10 is found in the mitochondria (power plants of cells), in the blood and in the cell membranes. Support for gum problems and periodontosis.



Multivitamin-Mineral CELA

100 tablets | PZN 3052629

Burgerstein 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.

Burgerstein products are available without prescription at your pharmacy.

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