



Micronutrients - Swiss quality since 1972



Burgerstein Vitamine



On the way to ourselves

Who is Burgerstein?

Burgerstein is a family business that was founded in 1972 by Ulli Burgerstein in Switzerland. Burgerstein produces 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 general guideline for nutrient supply. It is habits or different stages of life as well as eating habits, that result in a special or changed nutrient requirement.

Health is the most valuable asset.



We face up to this responsibility. In our own way. With our credo. With our ethics. We are convinced that Burgerstein can contribute to better health. In doing so, we follow a path that builds on the knowledge of conventional medicine, but takes a new, modern, different direction. It is the path of supplementation and support.

Burgerstein relies exclusively on substances that occur in the environment and are naturally absorbed by the body with food. Nothing can be better - because these substances are the basis of human history. They have existed for millions of years and have the ability to nourish, maintain and support health. Our company is based on this knowledge. Burgerstein products help where the body's nature is out of balance or where it has a special need. This is the best way to health. And the simplest.

*"It's not the disease,
it's the health we have to take care of!"*
Dr. Lothar Burgerstein (1895-1987)



Highest quality and purity

The Swiss brand „Burgerstein“ has been a leader on the domestic market for years in the development of micronutrients (vitamins, minerals, trace elements, amino acids and fatty acids) - according to orthomolecular principles.

The orthomolecular method uses micronutrients that are naturally present in food and in the body and does not use absorbable additives that are foreign to the body, such as preservatives, colourings and flavourings. The ingredients are optimally adapted to the needs of the body in their type and dosage and reach the right place in the body in the ideal quantity and concentration.

Burgerstein products can be used for general strengthening and prevention, but also in phases of above-average stress and in cases of deficiency symptoms.

Quality is not a coincidence

The 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 determined by scientific evidence, not by marketing considerations. Burgerstein products are produced in cooperation with highly specialised contract manufacturers in Germany and abroad. They manufacture the products in various forms (tablets, capsules, powders, liquids, toffees or granules, toffees or granulates) 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 canned, labelled and, if necessary, packaged in a folding box directly on 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 preservation



Without genetic engineering
Without artificial colouring



What you need to know about micronutrients

What does „orthomolecular“ mean?

Orthomolecular micronutrient preparations contain only substances that are physiological and well tolerated. They can and should be taken long-term if necessary. Micronutrients are to be used specifically for prevention and therapy. Important: They cannot lead to dependence.

Micronutrients - an orchestra with 45 members. The body's own substances in the orthomolecular sense include vitamins, minerals, trace elements, amino acids and fatty acids, which are absolutely necessary to maintain life. Many of these are essential, i.e. they must be supplied to the body via food or supplements (preparations) because the body cannot produce them itself. They are not just there „to strengthen a little“! An insufficient micronutrient supply leads to reduced performance and favours everyday illnesses.

It all depends on the right dosage.

With micronutrients, the need is individual and varies from person to person. In addition, the dosage also depends on the purpose of use or the way of life. It makes a big difference whether a nutrient is used preventively to maintain metabolic balance or therapeutically.

Why micronutrient administration is so important for diseases!

The support and concomitant use of micronutrients is possible for many diseases, e.g. for the reduction of side effects (thanks to compensation for the frequent drug interactions on the micronutrient household). However, support is also provided by improving the effect of classic medicines (add-on effects) or favours everyday clinical pictures. We recommend consulting your doctor or pharmacist.

Advice from pharmacy or doctor

Good counselling should always precede the intake of micronutrients and ideally - even if over-the-counter - by a specialist (doctor and/or pharmacist) and should include the following steps: 1) Selection of the correct micronutrients, 2) Selection of the correct dosage, 3) Selection of the optimal duration of supplementation (e.g. in times of increased need).



Hair Mineral Analysis

Burgerstein exclusively offers hair mineral analysis in collaboration with a renowned Swiss laboratory – The Ortho-Analytic. Due to this long-standing cooperation, we can guarantee an optimal service. We are happy to take over the postage costs to Switzerland as well as the foreign payment transactions. The costs for the hair mineral analysis as well as the postage upon submission must be borne by the client. Payment can be made either at the pharmacy or directly at Burgerstein Vitamins Austria in cash/by credit card or bank transfer.

We offer the following analysis:

1. BA1 - as basic evaluation (micronutrient tissue status diagram) or
2. BA2 - the BA1 basic evaluation plus a detailed interpretation and recommendations for remedial measures.
3. **HMA for your pet: The analysis can also be evaluated for all animals with body hair (e.g. dogs, cats, horses,...) this should be submitted to us via your veterinarian. Only available as BA1!**

Why should I do a hair mineral analysis?

Many people suffer from health disorders or non-specific complaints that cannot be clearly defined.

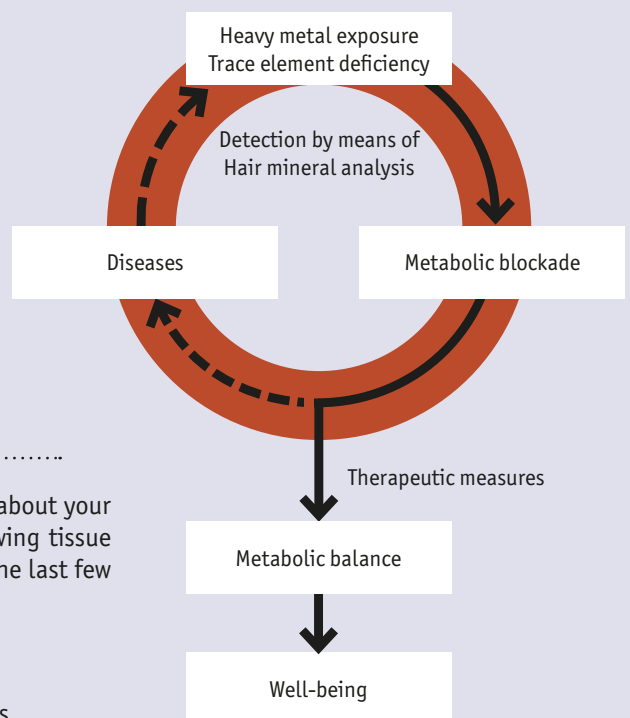
The cause could be heavy metal exposure or an imbalance in the trace element or mineral balance which disturbs or blocks important metabolic steps.

A hair mineral analysis can reveal these connections. Through the targeted intake of micronutrients and the adjustment of the lifestyle, the metabolic balance can often be restored.

What can I expect from a hair mineral analysis?

The hair mineral analysis gives you a precise and comprehensive statement about your heavy metal, mineral and trace element balance. The hair as a slowly growing tissue allows - in contrast to a blood test - a long-term statement about the over the last few months.

- 38 elements examined: 18 heavy metals, 20 minerals and trace elements.
- You will receive clear and concise findings on deficiencies and toxic burdens.
- The detailed evaluation of these findings serves as a basis for the correction of any possible metabolic imbalances in prevention and therapy.



Current prices for the HMA from 01 January 2023 (until revoked):

PZN 5205267	Analysis BA1	Price incl. VAT € 155,-
PZN 5205273	Analysis BA2	Price incl. VAT € 199,-

VAT is not applicable for customers from non-EU countries.



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The consumption recommendations always refer to adults, unless otherwise stated. For children and adolescents, you will find the information on the website: www.burgerstein.at with the respective product.

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AminoVital

20 sachets | PZN 4169262

Fruity drink powder with amino acids, trace elements and vitamins. The contained in Burgerstein Aminovital is a high-dosage and balanced mixture of amino acids, with taurine, trace elements and vitamins, supports the energy and brain metabolism.

- Supports concentration, mental stamina and learning at work, in everyday life and at university - a positive feeling of vitality is created
- With L-arginine, L-lysine, L-glutamine, L-glycine, L-ornithine, taurine and with synergistic trace elements and vitamins
- For the build-up and faster recovery during or after physical and mental and psychological stress situations

free from/without: a, b, c, d, e, f, g, h, j, k, l, m

Recommended intake: 1 sachet per day | Powder is best dissolved in water or fruit juice.



Biotics-G

7 sachets (powder) | PZN 5571612
30 sachets (powder) | PZN 5571629

Burgerstein BIOTICS-G contains 14 different lactic acid-forming live bacterial cultures and a yeast strain. Each daily portion (1 sachet) contains 2.5 billion colony-forming units. Thanks to the protective technology **Probioact®**, the good bacteria are better preserved and have a high activity in the intestine. BIOTICS-G also contains biotin, B6 and B12.

- High stress phases: Prophylaxis and therapy of gastrointestinal problems that can be traced back to high stress (stress, sport)
- Intestinal rehabilitation: Restoration of a diverse and resistant microflora, e.g. after antibiotic administration
- Maintenance, development and care of a healthy intestinal mucosa
- For adults, adolescents and children from one year of age

Free from/without: a, b, c, d, g, h, i, j, k, l, m

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



Anti-Ox-Komplex

60 capsules | PZN 5404015

The protection for your cells. Anti-Ox Complex contains a combination of fat- and water-soluble antioxidants, which help protect against oxidative stress at various cellular levels. The formulation is complemented astaxanthin, tocotrienols, L-cysteine and a patented vegetable and fruit extract (Spectra®).

- Combination of fat- and water-soluble antioxidants to protect against from oxidative stress
- Contains astaxanthin, tocotrienols, L-cysteine and a patented vegetable and fruit extract (Spectra®)
- Supports during stress, heavy physical strain
- Contributes to support in the case of increased exposure to harmful environmental substances (exhaust fumes) or in the context of ageing (e.g. sun)

free from/without: a, b, c, d, e, f, g, h, j, k, l, m

Recommended intake: 2 capsules per day



B-Komplex

100 tablets | PZN 3893754

Psychological stress can increase the need for B-vitamins, which is why it is advisable to supplementation of the diet with B-vitamins is recommended. The B-vitamins are closely linked to each other in the metabolism and an isolated deficiency of individual B-vitamins is rare. Therefore Burgerstein B-Complex contains all eight B-vitamins in a balanced dosage for complete support of the nerve and energy metabolism.

- Contains all eight B-vitamins as well as vitamin C and magnesium
- For high physical stress or intensive sporting activity
- B-vitamins contribute to the development and function of nerve cells

Free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: Take 1 tablet daily with some liquid. Can be taken regularly and long-term - preferably on an empty stomach for optimal absorption.





B-Komplex B50

30 tablets | PZN 3999493

B-Komplex B50 is more than nerve food and contains all eight B-vitamins for physical and mental health/performance. Since most B vitamins cannot be stored in the body for long (they are water-soluble), regular supplementation can be useful.

- Supports people who are particularly challenged in their work and everyday life
- Food supplement for people who are exposed to mental and physical stress
- Vitamin B12 supports fatigue and lack of energy as well as the energy metabolism
- Vitamin B6 contributes to the development and normal function of nerve cells

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: Take 1 tablet every 2nd day with some liquid. After taking of one pack (30 tablets), take a break of at least 6 weeks.



Calcium D3-Toffees

approx. 23 toffees | PZN 4881983

Chewing or sucking for all ages, taste like vanilla and is an ideal alternative when tablets cannot or do not want to be swallowed.

- Optimises the development and maintenance of strong bone mass, **especially for growing children and adolescents**
- Supportive for people with gastrointestinal problems or those who have had gastric bypass surgery
- Due to its formulation, suitable for people who have difficulty in optimally utilising calcium
- Contains organic calcium citrate
- Supports postmenopausal women for bones & muscles
- Contributes to normal immune system function and maintenance of normal bones and teeth

free from/without: a, d, e, h, i, k, l, m

Recommended intake: 2 toffees per day



Brain PS

90 capsules | PZN 3893748

For mental performance in the face of high demands at work and in everyday life. Burgerstein Brain PS contains natural phosphatidylserine from soya lecithin. As a component of healthy brain cells, phosphatidylserine plays a central role in the transmission of signals between the individual nerve cells.

Supports:

- The improvement and maintenance of cognitive abilities (memory, concentration, learning ability, etc.) at any age
- People who are under a lot of pressure at school, university and work
- Sportsmen and sportswomen to increase their ability to concentrate and react

free from/without: a, b, d, e, f, g, i, j, k, l, m

Recommended intake: 3 capsules per day



CardioVital

30 capsules | PZN 5429877

Comprehensive food supplement to support heart health. With omega-3 fatty acids (EPA & DHA), Selenium, Q10, Vitamin K2, Vitamin B1, Olive Extract and lack garlic extract - which is odourless and tasteless (no effects such as evaporation or gastrointestinal problems are to be expected!)

- CardioVital supports everyone who care about their cardiovascular system and vascular health
- Ideal for active, older people as well as all those who like to exercise and practise sports

free from/without: a, b, d, e, f, g, h, i, j, k, l, m

Recommended intake: Take 1 capsule daily with some liquid



ChondroVital

90 tablets | PZN 5687125
180 tablets | PZN 5687131

Burgerstein ChondroVital contains glucosamine and chondroitin in the form of glucosamine sulphate and chondroitin sulphate, supplemented with vitamins and trace elements. ChondroVital makes an important contribution to the protection of your joints with a sufficient and long-term supply.

Supports:

- ... in the case of heavy strain on cartilage, bones and joints
- ... in case of joint overload - especially in advanced age
- ... during sport and hard, physical work
- ... for joint and bone problems

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: take 3 tablets/day spread throughout the day



Coenzym Q10

30 mg - 60 capsules | PZN 3052517 50 mg - 40 lozenges | PZN 5209093
100mg - 30 capsules | PZN 5614161 50 mg - 100 lozenges | PZN 4802311

Q10 is always needed when the cellular energy metabolism is particularly stressed or impaired. Coenzyme Q10 enters directly and quickly via mucous membrane into the bloodstream and thus into the entire body.

- From natural origin (yeast) in highest purity (Kaneka Q10)
- To maintain the performance of the muscles of the heart
- Supports the mitochondrial energy metabolism with simultaneous administration of statins
- Antioxidant for protection against free radicals with high bioavailability
- Lozenges support gum problems
- High bioavailability

free from/without: lozenges: a, b, c, d, e, f, g, h, j, k, l, m
capsules: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: The recommended dosage is 1 mg per kg body weight per day.



Eisen plus

150 capsules | PZN 3089609

Eisen plus/Iron plus contains, in addition to the easily utilisable, organic iron fumarate, it also contains a complex of important micronutrients so that blood formation and the transport of oxygen in the body function optimally in the body. Through synergies of all micro-nutrients important for blood formation, best results can be achieved with moderate amounts of iron.

nutrients important for blood formation, best results can be achieved with moderate amounts of iron.

- With vitamins A, C, B1, B2, B6, B12, pantothenic acid, folic acid and copper
- Supports the formation of red blood cells and haemoglobin
- In case of increased need or increased iron loss: during menstruation, during pregnancy and breastfeeding
- Favours normal cognitive functions (perception, learning, memory, thinking)
- Iron contributes to the normal function of the immune system
- Iron contributes to the reduction of tiredness and fatigue

free from/without: b, d, e, f, g, i, j, k, l, m

Recommended intake: 1 capsule per day



ChromVital

150 mini tablets | PZN 5404050

All-rounder for the metabolism. Burgerstein ChromVital contains the entire daily requirement of the of the vital trace element chromium. The small tablets are easy to swallow and contain organic, easily digestible chromium picolinate.

- Tablets with the trace element chromium (160 µg) with organic Chromium Picolinate
- Chromium contributes to the metabolism of macronutrients
- At the same time it contributes to the maintenance of blood sugar levels
- The tablets are free from artificial preservatives
- Also suitable for diabetics and vegans

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: take 1 mini tablet per day with some liquid



Curcuma-Komplex

60 capsules | PZN 5378772

Contains 100% high-quality curcuma longa root (curcuminoids) - no excipients foreign to turmeric, turmeric and rosemary extracts from controlled cultivation and a broad spectrum of vitamin E compounds. Contains Cureit® as turmeric extract with best possible absorption and utilisation of turmeric in the body (patented PUS technology).

Burgerstein Curcuma supports ...

- ... actively supports the organism in all important processes
- ... with high bioavailability and tolerability
- ... the normal function of the skin
- ... the normal function of the immune and cardiovascular systems
- ... the general well-being

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 2 capsules per day



EPO Nachtkerzenöl

90 capsules | PZN 3972904

EPO Evening Primrose Oil contains pure, high-quality evening primrose oil and vitamin E. The fatty acids contained are important substances that the body cannot produce itself.

- Contributes to the elasticity and resilience of the skin
- Promotes natural cell and skin renewal
- Optimises the balance of mood swings
- Contributes to the support of the immune system
- Contributes to normal cardiovascular function
- Rich in gamma-linolenic acid

free from/without: a, b, d, e, f, g, h, i, j, k, l, m

Recommended intake: 2-4 capsules per day



EyeVital

100 capsules | PZN 4251851

Burgerstein EyeVital is designed to meet the needs of the eyes. It contains vitamins, trace elements, taurine, the carotenoids lutein and zeaxanthin.

For all persons,

- who often work in front of a screen (computer, television)
- 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 - the concentration of the two carotenoids decreases with age

Contains important nutrients to maintain healthy eyes as well as lutein and zeaxanthin to prevent macular degeneration and antioxidants for the prevention of lens opacities.

free from/without: a, b, d, e, f, g, h, i, j, k, l, m

Recommended intake: take 1 capsule daily with some liquid



hair & nails

90 tablets | PZN 4251868

240 tablets | PZN 5463101

Burgerstein hair&nails is a special build-up and care formula for hair and nails. An extract from millet and red algae as well as a vitamin-trace element complex provide the hair roots with valuable nutrients. Also included are

high-quality plant extracts such as millet seeds with sulphur-containing amino acid and calcium-containing red algae.

- Gives the hair resilience and vitality
- Promotes strength and resistance of the nails
- Zinc helps maintain strong nails
- Biotin and zinc help maintain healthy hair

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 3 tablets per day | Ideally, Burgerstein hair & nails should be taken regularly for at least taken regularly for at least 3 months.



FlexVital

30 capsules | PZN 5411274

Keep moving light-heartedly. Burgerstein FlexVital contains patented, partially hydrolysed eggshell membrane, which is particularly well utilised by the body. The joint formula is supplemented with a natural vitamin E complex and the trace elements boron, selenium and manganese.

- Supports the normal function of joints, bones & tendons
- Contains a patented, partially hydrolysed eggshell membrane that is well utilised
- Supports athletes and anyone who places heavy stress on their joints
- Ideal for short-term needs or as a cure

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 1 capsule per day



ImmunVital

20 drink pouches | PZN 4375808 - VEGI

(seasonal product available from October-March)

60 capsules | PZN 5585956 - VEGAN

Support of the immune system with vitamin C and vitamin D, selenium, zinc and beta-glucan from yeast (Wellmune®)- available in the tried and tested drink pouch or as a capsule. Ideal for all adults, adolescents

and children from the age of 4. For all those who want to support their immunsystem as a cure or spontaneously.

- More vitamin D in the capsule (1,000 IU)
- To be taken in the cold season and during periods of intense stress
- Sachet: practical daily portions

pouch:

free from/without: a, c, d, g, h, i, j, k, l, m

Recommended intake: 1 capsules per day

capsule:

free from/without: a, b, c, d, g, h, i, j, k, l, m

Recommended intake: 1 capsules per day





Lecithin-Granulat

400 g granules | PZN 4169227

Vitality for metabolism & cells. Vegetable lecithin is cholesterol-free and contains essential phospholipids and polyunsaturated fatty acids.

- Pure natural product with 100% soya lecithin (GMO-free) from soya beans
- Provides essential nutrients to support brain and liver/bile metabolism
- Supports breastfeeding mothers with milk congestion - contributes to a complication-free flow of milk during the breastfeeding period

free from/without: a, b, c, d, e, f, g, i, j, k, l, m

Recommended intake: 1 tablespoonful (= approx. 7g) per day



L-Carnitin

100 tablets | PZN 4169233

L-carnitine contains 100% pure L-carnitine (Carnipure®) and is important for the transport of fatty acids into the cellular power plants (mitochondria) of the muscle cells and enables their optimal combustion there. It thus supports the energy metabolism of the muscle (skeletal/cardiac muscle)

The carnitine requirement can be increased in different phases of life and under different living conditions of life:

- On a vegetarian diet
- During pregnancy & breastfeeding
- For endurance athletes
- Important for lack of energy, listlessness and rapid fatigue
- Can contribute to regeneration and recovery
- Supports cardiovascular function

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 1 tablet per day



L-Glutamin

180g powder | PZN5571635

Serves as a source of energy for the cells of the immune system and contributes to its strengthening and performance. L-glutamine is an amino acid that occurs in the body in large and is broken down in many tissues of the body to produce energy. L-glutamine is also an indispensable energy supplier, for the intestines and the white blood cells. In times of physical exertion, there is a significant need as well as for the intestines, the immune system and the liver.

- Contributes to muscle building
- Optimal dietary supplement for athletes (energy supplier, supports build-up and maintenance of muscles)
- Supports the regeneration period

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 3 g (1 measuring spoonful) per day



L-Lysin

30 tablets | PZN 3791427
100 tablets | PZN 5243138

An essential amino acid that plays an important role in the immune system.

- Is not formed by the body itself and must therefore be supplied from outside
- Counterpart of the amino acid L-arginine, which is, among other things, the main growth agent of the herpes virus. It is assumed that L-lysine inhibits the synthesis of arginine-rich proteins, which the virus needs for its replication
- Use for frequently recurring fever blisters (supports right from the first itch)

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 2 x 1 tablet per day



L-Methionin

100 tablets | PZN 3089621



L-methionine is the most important of the sulphur-containing amino acids and an indispensable building block for more than than 5000 proteins.

- Important amino acid for the structure of skin, hair and nails
- Contributes to the maintenance of healthy liver function
- As a sulphur-containing amino acid, L-methionine can bind heavy metals and promote excretion
- L-methionine can bind histamines

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 2 tablets per day

Should not be used in case of gout!



MagnesiumVital

90 tablets | PZN 4069684



Burgerstein MagnesiumVital contains magnesium citrate and magnesium bisglycinate, a combination of two organic, excellently utilisable magnesium compounds. The amino acid glycine contained in magnesium bisglycinate has relaxing glycine has relaxing properties, among other things, which optimally supports the known magnesium function.

- Magnesium fulfils many important tasks in the metabolism
- Supports normal muscle function - the heart is also a muscle
- Promotes relaxation, e.g. in the case of nervousness, tension or over-stimulation
- Contributes to the normal function of the nervous system, for example in emotional or occupational stress situations
- Important for healthy bones and teeth
- To compensate for magnesium losses - during increased physical stress
- Contributes to normal energy metabolism
- Optimises normal sugar metabolism

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 2 tablets per day



Multivitamin-Mineral CELA

100 tablets | PZN 3052629



The comprehensive basic supply with 23 vitamins, trace elements and minerals is suitable for the whole family. Supports women who take the pill (pill=nutrient robber).

- Contains organic and chelated minerals and trace elements with highest bioavailability
- Natural vitamin E (mixed tocopherols) from vegetable oils - important antioxidant for the reduction of free radicals
- 600 µg folic acid per day (blood formation)
- 240 mg vitamin C per day (maintenance of bones, teeth, gums and blood vessels)
- Activated vitamin B6 (pyridoxal-5 phosphate)
- With the trace elements chromium, manganese, zinc - important for sugar and fat metabolism as well as for energy production
- Vitamin K: contributes to the normal coagulation of the blood and bone metabolism at
- Iodine from kelp algae (contains natural, easily absorbed iodine)

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 2 tablets per day



Mood

60 capsules | PZN 5238462



Burgerstein Mood contains two patented extracts from of saffron and lemon balm of the highest quality from controlled cultivation. The formulation is supplemented by vitamins B6 and B12, which support the nervous system and contribute to normal mental function. Zinc also contributes to normal cognitive function. For adults and children (from 10 years) who are in a difficult or turbulent phase of life.

Supports with:

- Mood disturbances, mood swings, mild depressions
- Stress, inner restlessness, states of tension
- Poor quality of sleep
- Reduced cognitive performance (attention, memory)

free from/without: a, b, c, d, e, f, g, i

Directions: take 2 capsules daily with a little liquid



Omega-3 DHA

60 capsules | PZN 4271658

Burgerstein Omega-3 DHA is suitable for people who want to support their mental performance in the long term. Contains highly concentrated omega-3 fatty acids, with a high proportion of docosahexaenoic acid, from sustainable fisheries. Characterised by good, no burping and no fishy taste.

and no fishy taste.

- Important for maintaining normal brain function and vision
- For people with occupations and activities that require a high level of concentration require

free from/without: a, b, d, e, f, g, h, i, j, k, l, m

Recommended intake: 1-2 capsules per day



Omega-3 EPA

50 capsules | PZN 3397179

Contains highly concentrated omega-3 fatty acids, with a high proportion of with a high proportion of eicosapentaenoic acid, from sustainable fishery. Characterised by good tolerance, no burping and no fishy taste.

- Omega-3 fatty acids help regulate blood lipids and maintain normal cholesterol metabolism
- Omega-3 fatty acids support normal heart function
- The additional DHA contributes to normal function brain function

free from/without: a, b, d, e, f, g, h, i, j, k, l, m

Recommended intake: 1 capsule per day



Omega-3 liquid

150 ml Liquid | PZN 4853857

Delicious oil with natural orange flavour, without fish flavour. Contains a balanced ratio of of DHA & EPA and can be taken from 2 years. From sustainable fisheries/certified acc. „Friends of the sea“.

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

- For the heart: EPA and DHA contribute to normal heart function
- For blood pressure: DHA and EPA help maintain normal blood pressure
- For triglyceride (cholesterol) levels: DHA and EPA help maintain normal triglyceride levels in the blood
- For the brain: DHA contributes to the maintenance of normal brain function
- For the eyes/vision: DHA helps maintain normal vision
- During pregnancy and breastfeeding: The intake of docosahexaenoic acid
- (DHA) by the mother contributes to normal eye and brain development in the foetus and breastfed infant

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake:: Adults and children 2 years and older: Daily ¼-2½ teaspoon (1 teaspoon = 5 ml) preferably with a meal. The daily maximum amount of 2½ teaspoons must not be exceeded. Pregnant and breastfeeding women: Daily ½ teaspoon (= 2.5 ml) daily, preferably with a meal. The daily maximum amount of ½ teaspoon must not be exceeded.





OsteoVital forte



120 tablets | PZN 5680815 (new formulation as of batch 2206004)

Contains the most important building blocks for the maintenance and the development of natural bone mass and bone elasticity. OsteoVital forte was developed according to the latest, scientific findings with vitamin K2 designed.

- For all ages, for comprehensive support of the bone metabolism
- With 13 selected micronutrients - to maintain healthy bones
- Bones are not only made up of calcium and vitamin D - for optimal bone magnesium, zinc, manganese, copper, vitamin K, vitamin C, folic acid, vitamin K, vitamin C, folic acid, vitamin B6 and vitamin B12
- Contains calcium from a plant source as well as long-lasting, highly bio-available vitamin K2

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 2 x 2 tablets daily



Schwangerschaft & Stillzeit

TOP MULTI
FOR YOUR
BASIC
SUPPLY



60 tablets | PZN 3951575

Basic supplement for regular use before and during pregnancy and throughout the breastfeeding period. During and after pregnancy, the need for vitamins, minerals and trace elements is increased. Burgerstein Pregnancy & Lactation was specially formulated to meet the mother's increased needs and to support the growth and development of the child.

- Contains 13 vitamins and 10 minerals and trace elements
- Daily dose contains 30 mg organic iron
- 600µg folic acid + B vitamins (for the nerve cells)
- Natural vitamin E from vegetable oils: important antioxidant for reducing free radicals

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 2 tablets per day

Palm oil
free with
Quatrefolic®



Probase



125 g powder | PZN 3089650 | VEGAN
400 g powder | PZN 5185174 | VEGAN

150 tablets | PZN 3052612 | VEGI

Burgerstein Probase products regulate the acid-base balance and bring the body back into equilibrium. The products can be used in a variety of ways and are suitable, in addition to the supply of alkaline mineral salts, they are also suitable as a multi-mineral preparation for long-term food supplement.

- Contain the entire daily requirement of calcium, magnesium, potassium, zinc and manganese
- In case of an unbalanced diet with an excess of acid-forming foods, e.g. meat, cereals, sweets, lemonade and if the intake of vegetables and fruits is too low (less than 5 portions per day)
- Contributes to the prevention of muscular hyperacidity

Advantage: Probase tablets are enteric-coated, release takes place in the small intestine. The full effect of gastric acid for the digestion of protein remains intact.

- Powder especially suitable for people who cannot or do not want to swallow tablets (also for children)

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 3-5 tablets or 1 level teaspoonful per day in the morning after getting up or in the evening before going to bed | Tablets: intake time freely selectable





SelenVital

100 tablets | PZN 3052606

Burgerstein SelenVital contains 100 µg per daily portion, usable, organic selenium. Selenium is a trace element that is found in minute quantities in many foods. Alpine countries in particular have selenium-poor soils and a sufficient selenium supply is therefore difficult. Selenium contributes as an antioxidant, selenium helps to protect cells from damage by free contributes.

- Optimises the function of a normal immune system
- Contributes to normal thyroid function
- Supports the maintenance of normal hair and nails
- Contains excellent utilisable natural selenium from yeast

free from/without: a, c, d, f, g, h, i, j, k, l, m

Recommended intake: 1 tablet per day



Spirulina

180 tablets | PZN 3052598

Freshwater algae from controlled, organic cultivation - today known as a superfood. Ideally taken between meals, and is a natural nutrient donor with a high content of amino acids and natural antioxidants.

- Ideal for athletes, vegetarians and vegans
- Contributes to increased well-being and performance
- Supports the body's defences
- Contributes to a normal cholesterol level
- Contributes to the regulation of the intestinal flora
- Valuable alkaline supplier
- Contains, thanks to high solar radiation, during cultivation (Equator India), contains a large number of antioxidant plant substances

free from/without: a, b, c, d, e, f, g, i, j, k, l, m

Recommended intake: 6 tablets per day



Sport

60 tablets | PZN 3328468

Balanced multivitamin-mineral base preparation, specially designed for the needs of athletes.

- Contributes to balancing out the increased nutrient requirements (increased metabolic turnover e.g. through sweating)
- Contributes to an improved utilisation of performance capacity
- With excellent, bioavailable amino acid-bound minerals and trace elements
- Natural vitamin E from vegetable oils (with alpha- beta-, gamma- and delta tocopherol)
- Natural carotenoids from seaweed
- Activated vitamin B6 (pyridoxal-5 phosphate)
- Antioxidants: vitamin C, vitamin E, selenium, zinc, manganese, berry extract
- Minerals: Calcium and magnesium - in an optimal ratio

free from/without: a, b, d, e, g, h, i, j, k, l, m

Recommended intake: 1 tablet per day



TopFit

60 capsules | PZN 5605765

Burgerstein TopFit comprises a selection of micronutrients combined with a highly concentrated ginseng extract. 1 capsule per day supplies you - particularly especially in times of increased stress - with the most important minerals, trace elements and vitamins.

- **For the nerves:** Vitamins B2, B6, B12 and C as well as magnesium contribute to the normal function of the nervous system
- **For tiredness and fatigue:** Vitamins B2, B6, B12 and C as well as magnesium help to reduce tiredness and fatigue
- **For energy metabolism:** Vitamins B1, B2, B6, B12, C as well as copper, manganese and iron contribute to a normal energy metabolism
- **Oxidative stress:** Vitamins C and E as well as selenium, manganese, copper and zinc help to protect cells from oxidative stress
- **For the immune system:** Vitamins B2, B6, B12, C, D, magnesium, biotin, manganese, copper, iron, zinc and selenium contribute to a normal immune system

free from/without: a, b, d, e, g, h, i, j, k, l, m

Recommended intake: 1 capsule/day



Vitamin B12 Boost

100 tablets | PZN 5405753

What nerves need. Supports diagnosed vitamin B12 deficiency. Vegans should consider regular supplementation - users do not have to worry about overdosage, because excess vitamin B12 is excreted by the body. Vitamin B12 is essential for all cell division and growth processes and is - alongside folic acid and iron - is responsible for the formation of red blood cells.

- Vitamin B12 contributes to a normal function of the nervous system as well as to reduction of fatigue
- Vitamin B12 should be supplemented as part of the daily diet, especially in the case of unbalanced diets (vegetarians/vegans) as B12 is mainly found in animal foods
- Supports cell division and growth processes as well as blood formation in the body

free from/without: a, b, c, d, e, f, g, i, j, k, l, m

Recommended intake: 1 mini tablet per day



Vitamin C 1000mg time-release

60 mini tablets | PZN 3988443

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

- To support a powerful immune system
- To cover an increased vitamin C requirement (e.g. smokers)
- Helps protect cells from oxidative stress
- Stimulates the production of white blood cells and thus boosts the body's own defences
- Plays a central role in collagen and tissue formation Sufficient vitamin C intake is therefore necessary for the elasticity of skin, mucous membrane, bones, tendons and ligaments

free from/without: a, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 1 tablet per day



Vitamin C-Komplex

40 tablets | PZN 4023328

The bioactive plant substances contained in Burgerstein Vitamin C- (extract from lemon peel and fruit, Japanese -lemon peel and fruit, Japanese cordwood and rosehip) tissue and blood vessels and complement the effect of vitamin C.

- To support a powerful immune system
- Supports collagen formation and thus the elasticity of skin, bones, cartilage, gums and blood vessels
- To cover an increased vitamin C requirement (e.g. smokers)
- Helps protect cells from oxidative stress
- Supports energy metabolism
- Helps support the nervous system
- Improves iron absorption

free from/without: a, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 1 tablet per day



Vitamin D3

600 I.U. 100 capsules | PZN 3468732
 800 I.U. 20ml spray | PZN 5404038 | VEGAN
 2000 I.U. 30 capsules | PZN 5060343 | VEGI
 2000 I.U. 60 capsules | PZN 5404021*

Vitamin D3 compensates for the body's own insufficient production of D3 through the skin, as sun exposure in our latitudes is too low.

- Contributes to the absorption and utilisation of calcium as well as to the maintenance of healthy bone mass and teeth
- Supports the normal function of the immune system and muscles
- Contains cholecalciferol, the easily utilisable form of vitamin D3
- **Spray: coconut oil-based, alcohol-free, suitable for children from the age of 13 months, practical to-go dosage form**

free from/without: a, b, d, e, g, h, j, k, l, m

*not free of gelatine (only applies to the new D3 2000 I.U. 60s)

Recommended intake: Capsules: 1 capsule per day | Spray: per day 1 spray (0.14ml) with or after a meal. 1 spray contains approx. 140 spray puffs. | Increased requirement: according to Vitamin D3 status



Vitamin K2

60 capsules | PZN 5090982



Burgerstein Vitamin K2 Capsules contain high-quality, vitamin K2, which is particularly well absorbed by the body (all-trans menaquinone-7). Vitamin K contributes to the maintenance of normal bones. Various measures in the production process, as well as a dark capsule and the additional folding box help to optimally protect the light-sensitive ingredient. This ensures that the vitamin K in Burgerstein Vitamin K2 is in an optimal form.

Especially suitable:

- For women and men Vitamin K2 contributes to the maintenance of normal bones
- For flexible combination with other micronutrients e.g. calcium and vitamin D3

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: take 1 capsule with some liquid with a meal



Zinkvital

15 mg 100 tablets | PZN 3052569 | VEGAN
30 mg 40 tablets | PZN 4182073 | VEGI
30 mg 100 tablets | PZN 3848914 | VEGI



Zinc is one of the most important trace elements and plays a central role in energy metabolism and the immune system.

- Contributes to the maintenance of normal skin, hair and nails
- Supports normal growth and wound healing
- Helps protect cells from oxidative stress
- Promotes normal fertility in men and women
- Contributes to normal cognitive functions - remembering, learning, etc.
- Supports normal visual function
- Zinc is a stabilising and structuring component of bones
- Contributes to normal acid-base balance

One tablet of Zinkvital 15mg contains organic zinc gluconate or Zinkvital 30mg contains organic zinc citrate. These two compounds can be excellently utilised by the body.

free from/without: a, b, c, d, e, f, g, h, i, j, k, l, m

Recommended intake: 15 mg per day



Zink-C

30 toffees | PZN 5571598
60 toffees | PZN 5348452



Toffees with zinc, vitamin C and natural orange flavour, to suck. In principle, Burgerstein Zink-C can be taken by people of all age - even by those

who cannot or do not want to swallow tablets or capsules (children, elderly people, etc.), etc.).

- Focus on zinc, which is involved in over 300 metabolic processes, e.g. in the immune response
- Local, rapid effect via the mucous membranes of the mouth and throat
- Can be combined with flu medication
- Contains 10 mg zinc and 80 mg vitamin C per toffee

free from/without: a, d, e, g, h, i, j, k, l, m

Recommended intake: 1-3 toffees per day. From children only when they are able to suck them and are no longer at risk of swallowing.

Family pack

Want to be healthy?

Incomparably good!



From 4 years

Orange flavour

With zinc & vitamin C

TOFFEES FOR A STRONG & HEALTHY IMMUNE SYSTEM.

Swiss quality.
Available without prescription from your pharmacy or directly from www.burgerstein.at



Burgerstein Vitamine

Your ONLINE Download facility of all brochures can be found at:
www.burgerstein.at

Product information 01

A5

Carnitin
 $C_7H_{15}NO_3$

Glutamin
 $C_6H_{13}NO_2$

Lysin
 $C_6H_{11}NO_2$

Methionin
 $C_4H_9NO_2S$

Amino acids
Building blocks of life

AminoVital
L-carnitin
L-glutamin
L-lysin
L-methionin

Burgerstein Vitamine

Product information 02

A5

Basic Products & Wellbeing
Breathe a sigh of relief and feel good

Anti-Ox-Komplex
Biotics-G
Lecthin-Granulat
Probase
Spirulina

Burgerstein Vitamine

Product information 03

A5

Coenzym Q₁₀
naturally more energy for the body

Coenzyme Q₁₀ 30 mg Capsules
Coenzyme Q₁₀ 50 mg Lozenges
Coenzym Q₁₀ 100 mg Capsules

Burgerstein Vitamine

Product information 04

A5

Fatty acids
These are the good guys

Omega-3 liquid
Omega-3 EPA
Omega-3 DHA
EPO evening primrose oil

Burgerstein Vitamine

Product information 05

A5

Combination products
with special plant extracts

CardioVital
with olive oil and black garlic

Curcuma-Komplex
with turmeric & rosemary

Mood
with saffron & balm

Burgerstein Vitamine

Product information 06

A5

Minerals/trace elements
Essential for the metabolism

Calcium D3-Toffees
ChromVital
Eisen plus
MagnesiumVital

SelenVital
ZinkVital
Zink-C Toffees

Burgerstein Vitamine

Product information 07

A5

Multivitamins
the allrounders

Multivitamin-Mineral CELA
Schwangerschaft & Stillzeit
Sport
TopFit

Burgerstein Vitamine

Product information 08

A5

Special combinations
the specialists for your health

Brain PS
CardioVital
ChondroVital
Eisen plus
EyeVital

FlexVital
Hair&naIs
ImmunVital
OsteoVital

Burgerstein Vitamine

Product information 09

A5

Vitamins
for a healthier life

B-Komplex
B-Komplex B50
Vitamin B12 Boost

Vitamin D3 Spray 800 IE
Vitamin D3 600 IE
Vitamin D3 2000 IE

Vitamin C 1000mg time-release
Vitamin C-Komplex

Vitamin K2

Burgerstein Vitamine

Customer information i

A5

Children & Adolescents
for a healthy growing up

AminoVital
Biotics-G
Brain PS
Calcium D3-Toffees
C-Komplex

ImmunVital
MultiVitamin-Mineral CELA
Omega-3 liquid
Vitamin D3 Spray
Zink-C

Burgerstein Vitamine

Customer information i

A5

Pregnancy & breastfeeding
Precaution for two

Schwangerschaft & Stillzeit
Omega 3 DHA /liquid
OsteoVital forte
Calcium D3-Toffees

Burgerstein Vitamine

Customer Information i

A5

Prevention & stay healthy

Biotics-G
ImmunVital
L-Glutamin
L-lysin
SelenVital

TopFit
Vitamin C 1000 mg
Vitamin D3
Zink-C Toffees
ZinkVital 15/30 mg

Burgerstein Vitamine

Customer information i

A5

Hair Mineral Analysis
Your hair: a reflection of your health.

The hair mineral analysis provides clarity.

- What is stressing you: stress, environment, heavy metals?
- Which minerals and trace elements are missing?

In cooperation with: **anahya-analytic**

Burgerstein Vitamine

Stay informed about new products, micronutrients, application tips as well as further information. Registration on our website: www.burgerstein.at

Order your info brochure(s) by e-mail at service@burgerstein.at



Burgerstein Vitamine

50

years

Anniversary