



Children & Adolescents

for a healthy growing up

AminoVital

Biotics-G

Brain PS+

Calcium D3-Toffees

C-Komplex

Eisen vegan

ImmunVital

Multivitamin-Mineral CELA

Omega-3 liquid

Vitamin D3 Spray

VitaMini

Zink-C



Nutrition Children & Adolescents

The building block for growing up

The nutrition of children and adolescents should promote good physical and mental growing up and help to prevent nutrition-related diseases. Children and adolescents have a high energy demand due to growth and increased activity, and in comparison also the highest demand for micro-nutrients. This is true up to the age of about 18. There can be individual differences depending on growth and development.

It is important that children develop a good balance between hunger and satiety. This ideally includes three main meals and two snacks daily. Pupils in particular should not skip breakfast under any circumstances.

It is also important to eat in peace, without distractions such as reading or watching television. The example set by parents is decisive for a healthy eating behaviour. This is a good reason for adults to check their own eating habits. Eating as a reward should not be inculcated, as it encourages bad eating behaviour in the long run.

„Food“ must not only taste good, but also be fun. Especially with children and adolescents, you achieve little with coercion and prohibitions. Therefore, the fun of eating should not be neglected.

Small tips about the food pyramid

- Carbohydrates provide energy (ideal: 55% of the daily requirement). However, if you want to give your children a particularly hearty diet, you should choose whole grain products. Why? As with apples, the best parts of the grain are in the skin (minerals, vitamins and fibre) or the germ.
- Meat is my vegetable? Better not. Although some children love their fun sausage slices & Co. the supply of iron and protein is also important for children's growth but too much fat and cholesterol should be avoided. So it doesn't have to be fish or meat on a daily basis.

Tip

Make fruit and vegetables a matter of course. Serve them at every meal. You should always offer spurned foods again – Children need a while to get used to new foods. Fruit is usually better received than vegetables.



Nutrition Children & Adolescents

The building block for growing up

- If you want to bring up your children on a vegetarian diet, you can do so without any problems. However, a purely vegan diet for children (i.e. completely doing without animal products) is not recommended by the Austrian National Commission for Nutrition. Calcium from dairy products, for example, is an important building block for the growth of teeth and bones.
- Fat is evil. Well, let's not be quite so strict. 30% of the energy we consume in our diet comes from fats. Vegetable oils such as rapeseed or olive oil are best suited for this and also ensure, among other things, that fat-soluble vitamins such as vitamin A, D, E and K can be absorbed by the body.
- Did you know? Proteins are important for growth and muscle development. Therefore, 15% of the daily diet should consist of vegetable and animal proteins.



The food pyramid over time.

Children and adolescents need a lot of fluid

The need is greater compared to adults, as the fluid balance is not yet fully developed. Drinking water, good mineral water (preferably non-carbonated) and unsweetened herbal and fruit teas are recommended.

Fruit juices should only be drunk diluted, lemonades and cola drinks are not recommended because of their high sugar content. In fact, their consumption is proven to be too high among children and adolescents.

Important micronutrients

For growth and development

B vitamins

They are necessary for cell division and thus for growth and development. As a rule, children do not have a deficiency of B vitamins - with exceptions. This is especially true for vitamin B2 and, in the case of vegan/vegetarian diets, also for B12. Also affected (especially in „vegetable refusers“) is often the folic acid, it is important for cell division and should be supplemented. Dosages of 200 to 400 mcg of folic acid daily are recommended. If children and adolescents are fed only raw food or vegan, a B-Komplex should be supplemented. In adolescents, an unbalanced diet, possibly combined with regular alcohol intake, can lead to an undersupply of B vitamins. If girls start taking the contraceptive pill, supplementation with B vitamins may be advisable. As a rule, B vitamins for general supplementation should not be taken individually, but preferably in a complex.

Vitamin C

If children lack vitamin C, they may develop more infections, e.g. of the upper respiratory tract and the ears. This can continue into adulthood. Adolescents who are very well supplied with vitamin C are less likely to have blemished skin or acne during puberty. Sufficient vitamin C also promotes the absorption of iron and the healthy development of bones and connective tissue.



Important micronutrients

For growth and development

Vitamin D

Humans can almost not cover the vitamin D requirement with food. In the summer months, however, we can produce the vitamin D in our skin ourselves. In the winter months and when using sun protection (also in the summer months) supplements can help to cover the need. Recommended for children from 1 year the same dose as for adults: 20 µg (=800 I.U.).

Iron

Meat and meat products, spinach, savoy cabbage, lettuce, legumes and cereals provide iron. Iron is generally better absorbed from animal foods. Vitamin C helps to improve iron absorption from plant products. Some children lack iron, and often lack vitamin C, which contributes to the absorption of iron. Minor iron deficiencies can often be compensated by a supplementation with vitamin C.

Adolescents have an increased iron requirement due to their growth, which is often not covered by their diet. This is especially true for girls, who need more iron after the onset of menstruation. If possible, iron should be taken in through food and not supplemented uncontrollably, as too much intake can trigger oxidative stress.

Calcium

The skeletal system needs a lot of calcium during the growth phase to achieve a high bone density. The more calcium children and adolescents take in, the better they are protected against osteoporosis. There is a particularly high calcium requirement during puberty. Calcium is mainly taken in from milk and dairy products, which usually become less popular with children and adolescents as they get older.

Other sources are green vegetables, wholemeal bread and oranges, again often not among the most popular foods. Therefore, calcium supplements may be recommended. It should be noted that too much phosphorus consumption can interfere with skeletal formation. Dairy products and vegetables contain phosphorus in acceptable proportions. Frequent consumption of cola drinks, which contain quite a lot of phosphorus, is not recommended.



Important micronutrients

For growth and development

Magnesium

Magnesium supplementation may be recommended for sudden growth spurts. This can reduce growth-related pain. If girls suffer from discomfort during menstruation, magnesium, preferably combined with calcium, can often help.

Fluoride

Recommended for the prevention of caries, as fluoride hardens the tooth substance. However, an overdose can cause tooth discolouration. The appropriate dosage depends on the regional fluoride content of the drinking water and the age of the children. Dosages range from 0.25 mg for one- to three-year-olds to 1 mg for seven-year-olds. If the regionally available fluoride is sufficient, the supplementary fluoride intake can either be dispensed with altogether or the dose reduced.

Iodine

Austria is an iodine deficient area, therefore our diet usually contains too little iodine. It can be supplemented in the necessary amounts via iodised table salt and other iodine-enriched foods. However, an oversupply should be avoided.

Selenium

It is lacking in the soils in the alpine region, which is why children and adolescents often do not absorb selenium in sufficient quantities. A sufficient supply is very important for the immune system.

Zinc

It is important for the immune system, but also for growth, which increases the need for zinc by 50%. A sufficient intake should be ensured in childhood and adolescence.

Tip

Hide the vitamins in food. Add pureed vegetables to pasta sauce or grate an apple to hide it in muesli. Freshly squeezed juices and home-made smoothies are beautifully colourful and full of vitamins.



Aminovital

20 pieces | PZN 4169262



From 6 years**

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**.

When is Aminovital particularly suitable?

- **For children, adolescents, students, apprentices and athletes for concentration**
Zinc and pantothenic acid contribute to a normal mental performance
- **For energy metabolism**
Vitamin B12 and B6 contribute to the maintenance of a normal energy metabolism
- **For fatigue and tiredness**
Magnesium and niacin help to reduce fatigue and tiredness
- **To protect against oxidative stress**
Zinc and manganese help to protect cells from oxidative stress
- **For the immune system**
Vitamin B6, B12 and zinc contribute to the normal function of the immune system

Per daily portion (1 sachet 12 g)		NRV*
L-Glutamine	2,5 g	—
L-Arginine	2 g	—
L-Glycine	1 g	—
taurine	1 g	—
L-Ornithine	0,55 g	—
L-Lysine	0,7 g	—
niacin	16 mg	100%
pantothenic acid	6 mg	100%
vitamin B6	1,4 mg	100%
vitamin B12	2,5 µg	100%
magnesium	125 mg	33%
zinc	5 mg	50%
manganese	1 mg	50%



Recommended intake:** Stir daily in a glass of fruit juice or water and drink
from 6 to 9 years: 1/2 sachet (6g)
from 10 years: 1 sachet (12g)

Free from: granulated sugar, 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)

** We recommend clarifying supplementation and dosage with a doctor before taking.

Burgerstein BIOTICS-G is a multispecies probiotic and contains 14 different lactic acid-forming live bacterial cultures and a yeast strain. Per daily serving (1 sachet) contains 2.5 billion colony-forming units. Thanks to the protective technology Probioact®, the good bacteria remain better preserved and have a high activity in the intestine. Burgerstein BIOTICS-G can be stored at normal room temperature. In addition, BIOTICS-G also contains biotin, B6 and B12.

What characterizes a modern gastrointestinal probiotic?

- Probiotics with a variety of bacterial strains (multispecies probiotics) can help maintain or restore the diversity of the intestinal flora. This improves the barrier function of the intestinal mucosa and thus increases the resistance (resilience) to pathogenic germs, especially in stressful and stressful situations.
- The probiotic should contain the broadest possible diversity of health-promoting bacterial strains with > 2.5 billion CFU (colony-forming units). Other ingredients, such as the vitamin biotin, are also a great benefit: Biotin contributes to the maintenance of normal intestinal mucosa.
- It should be ensured that the bacteria arrive in the intestinal tract viable in sufficient quantity. This means that they must survive the passage through the stomach largely undamaged. This can be achieved, for example, by using a special protective technology. Only in this way can the good bacteria settle optimally and develop their health-promoting effect.



BIOTICS-G supports ...

- ... people who have problems with digestion and intestines
- ... persons in maintaining a healthy intestinal mucosa (maintenance, build-up & care)
- ... the restoration of a diverse and resistant microflora (e.g. after antibiotic administration)
- ... the intestinal flora

The high diversity or variety of an intact intestinal flora is maintained or restored.

- ... the intestinal mucosa

Probiotics help to maintain this natural intestinal barrier and thus prevent pathogens from entering the body.

- ... the immune system

Probiotics also have an immunomodulating effect, i.e. probiotics can protect against infections (e.g. colds), influence the intensity of the immune response



Nutritional values	per daily dosis (1 bag)	NRV*
bacterial and yeast cultures	2,5 bil. CFU**	—
biotin (B7/H)	30,0 µg	60%
vitamin B6 (Pyridoxin)	0,90 mg	64%
vitamin B12 (Cobalamin)	1,60 µg	64%

Contains the following bacterial strains:
Bifidobacterium animalis W53, Bifidobacterium bifidum W23, Bifidobacterium lactis W51, Lactobacillus acidophilus W22, Lactobacillus brevis W63, Lactobacillus casei W56, Lactobacillus helveticus W74, Lactobacillus paracasei W20, Lactobacillus plantarum W1, Lactobacillus rhamnosus W140, Lactobacillus rhamnosus WGG, Lactococcus lactis W58, Enterococcus faecium W54, Pediococcus acidilactici W143, Saccharomyces boulardii W187.

Recommended intake:

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

Suitable for adults, teenagers and children from 1 year.

Brain PS+

60 pieces | PZN 5849289

From 6 years**

Burgerstein Brain PS+ contains pantothenic acid as well as natural phosphatidylserine from soy lecithin, which occurs in high concentrations in brain cells. **The additional bacosides (Bacopa monnieri extract)** can protect the nerve cells by reducing oxidative stress. In addition, the signal transmission between the nerve cells can be positively influenced by bacosides, thus improving cognitive functions.

School, studies and work demand top performance from our brain, constant attention and an alert mind. For example, concentrated and efficient learning is essential when preparing for exams. Support your child's mental performance now.

When is Brain PS+ particularly suitable?

- **Pupils and students:** For enough concentration in everyday school life, as well as for exam preparations, where concentrated and efficient learning is required
- **For high demands at school and in everyday life:** The increased requirements in and everyday life, as well as the daily flood of information, demand constant attention and an alert mind
- **For grandma & grandpa:** Regular intake of phosphatidylserine (PS) und Bacopa monnieri extract can help to maintain mental capacity and memory performance

	Per daily portion (3 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 daily with some liquid

from 6 years - up to 35 kg body weight: 1 capsule/day (the child must be able to swallow the capsule size easily)

from 6 years - from 35 kg body weight: 2 capsules/day



Free from: granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil

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

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

** We recommend clarifying supplementation and dosage with a doctor before use.

Calcium D3-Toffees

23 toffees | PZN 4881983

From 4 years**

Burgerstein Calcium D3 Toffees are tasty toffees with calcium and vitamin D3 for children and adults. The toffees can be chewed or sucked and taste pleasantly of vanilla. Burgerstein Calcium D3 toffees contain organic calcium compounds and can be used throughout the day. The vitamin D3 contained contributes to the normal absorption and utilisation of calcium.

Calcium D3:

- Optimises the development and maintenance of strong bone mass, especially for growing children and adolescents
- Suitable for those who have difficulty in optimally utilising calcium (due to the formulation)
- Contains organic calcium citrate

Suitable for:

- Children and adolescents during growing-phases
- All who do not want to or cannot swallow tablets
- Adults for daily food supplementation

Per daily portion (2 toffees)		NRV*
carbohydrates	5,4 g	—
thereof sugar	5,4 g	—
calcium	500 mg	62 %
from carbonate	400 mg	—
from citrate	100 mg	—
vitamin D3	7,5 µg	150 %
bread unit	0,49	—



Recommended intake:** Toffees for chewing or sucking, can be dosed flexibly as needed and taken throughout the day

from 4 years: 1 toffee

from 12 years: 2 toffees

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

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

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

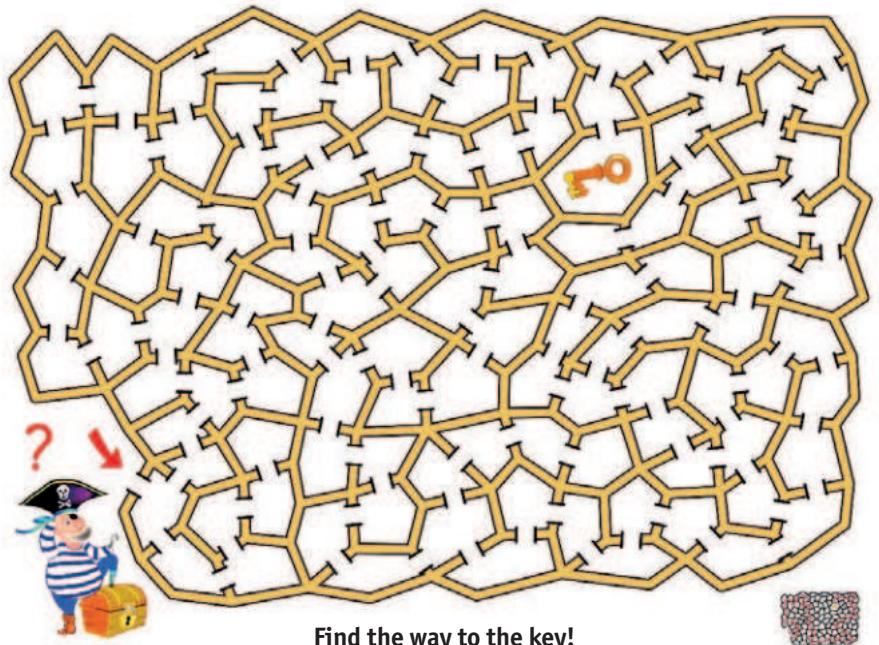
** We recommend clarifying supplementation and dosage with a doctor before use.

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

Riddle Corner

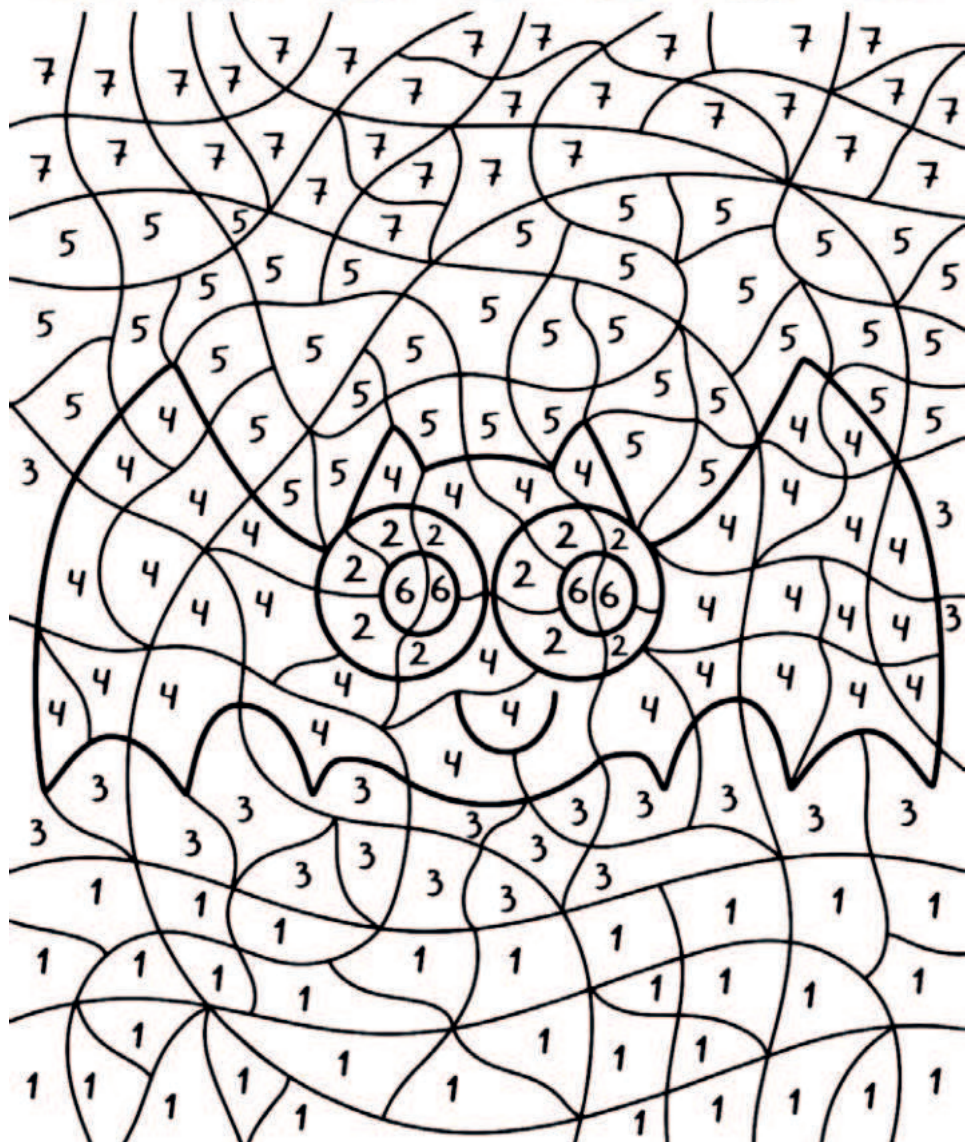


Find the 10 differences!



Find the way to the key!

Color by number



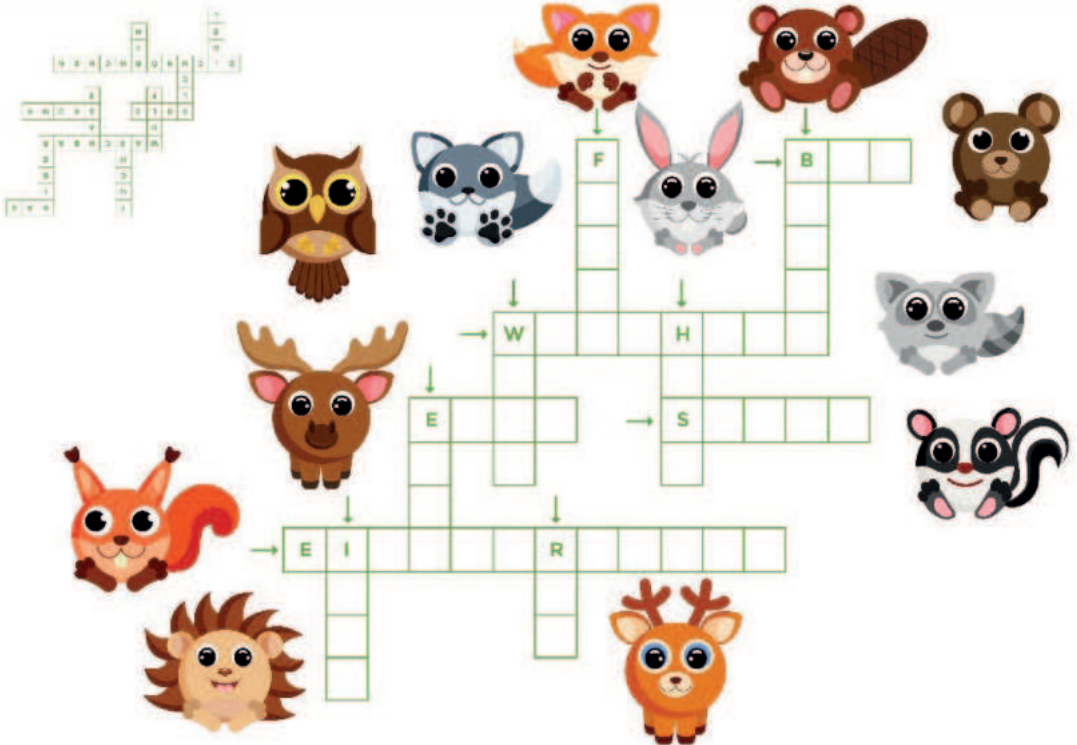
Riddle Corner

5		4		3	
1			4		6
2			6	1	
	1	3			4
3	5		2	4	
	2			6	

	2			5	6
5		4			2
4		2	6		3
	3			2	
		6		4	
2		5	3		1

3	6				2
		1		6	5
5	1		2		6
		6		3	
6					1
	3	4	6		2

Sudoku



Crossword puzzle

Riddle Corner

Special riddles:

1. Child's name:

Peter's mother has 4 children. The first child was named „January“. The second child was given the name „March“. The third child is named „May“. What is the name of the 4th child?

2. Who or what am I? - brain teaser

I get wet so that someone else doesn't have to be wet anymore. Who or what am I?

3. Some months have 30 days others have 31 days. But how many months have 28 days?

Answers: 1) Peter 2) towel 3) all months

English

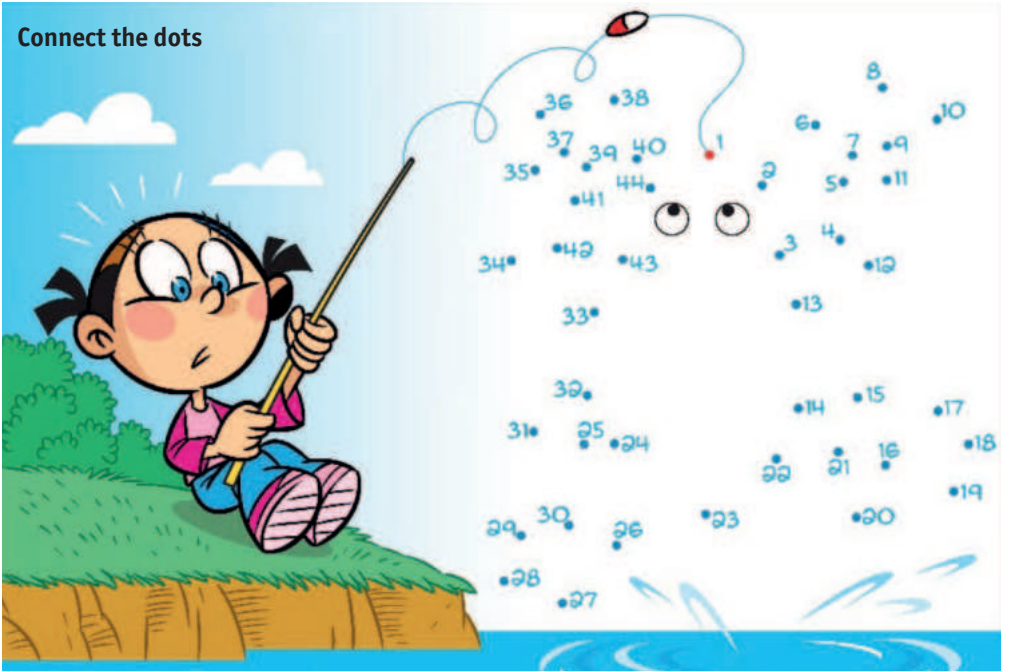
The crossword puzzle grid contains the following words:

- across: watermelon, starfish, flipper, hat, pail, camera, shorts, sunglasses, balloon, binoculars, shovel, hat
- down: shell, suitcase, cream, starfish, bikini, mask, shorts, sunglasses, cocktail bag, lifebuoy

Illustrations include: a wide-brimmed hat, a shovel, a coconut drink, goggles, a hot air balloon, a shopping bag, a watermelon slice, a lifebuoy, a beach ball, binoculars, sunglasses, a suitcase, a camera, a starfish, a bikini, a cap, flip-flops, a bucket, a beach ball, a palm tree, a beach bag, and a hat.

Riddle Corner

Connect the dots



18 cats - 17 dogs

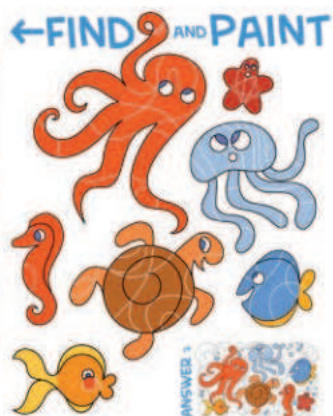
How many cats do you see?

How many dogs do you see?

Riddle Corner



Find 10 objects in the picture



Eisen vegan

150 mini tablets | PZN 5849303



From 3 years**

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

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

Why iron vegan from Burgerstein?

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

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

Recommended intake: 3-5 years 1 mini tablet per day

6-9 years: up to 2 mini tablets per day

10-12 years: up to 3 mini tablets per day

Take as required with a little liquid

Free from: Artificial flavors, colors, genetic engineering, preservatives, granulated sugar, fructose, peanuts, Gelatine, gluten, yeast, lactose, sugar substitutes, soy lecithin/soy protein, artificial sweeteners



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

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

** We recommend clarifying supplementation and dosage with a doctor before use.

Vitamin C-Komplex

40 tablets | PZN 4023328



From 6 years**

Burgerstein Vitamin C-Komplex contains vitamin C as well as plant substances from citrus fruits, rose hips and the Japanese cord tree. Vitamin C contributes to a normal collagen formation to ensure the normal function of 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 cordwood and rosehip) help to build up tissue and blood vessels and complement the effect of vitamin C.

Did you know?

Bioflavonoids are among the plant pigments that give many of our plant flowers and their leaves their colour. There are about 4,000 of them. Not all of them have biological activity, but their importance for human health was recognised as early as the 1930s. The natural flavonoids of plants are among the substances that influence the oxidation metabolism of the cell. They are mostly extracted from the white peel skin of citrus fruits. The body cannot produce bioflavonoids by itself, but is dependent on the supply via the diet or suitable preparations.

Per daily dose (1 tablet)	NRV*
vitamin C	300%

Recommended intake:** Take daily with some liquid

6-9 years: 1/2 tablet

10 years and older: 1 tablet

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 the EU Food Information Regulation (LMIV)

** We recommend clarifying supplementation and dosage with a doctor before use.

For whom is Burgerstein ImmunVital particularly suitable?

• Children and adolescents

Vitamin D contributes to the normal function of the immune system

• Sporty children and adolescents

Vitamin C contributes:

... to the normal function of the immune system during and after intensive physical activity

... to a normal energy metabolism

... to the reduction of tiredness and fatigue

... to the maintenance of normal muscle function

micronutrient	per sachet (=16 ml)	NRV*	per 2 capsules	NRV*
Vitamin C	180 mg	225 %	200 mg	250 %
Vitamin D	15 µg	300 %	25 µg	500 %
Selenium	30 µg	55 %	55 µg	100 %
Zinc	14 mg	140 %	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: sorbitol, lactose, gluten, peanut oil, soy protein/lecithin, gelatin

Capsule free from: peanut oil, fructose, gelatin, gluten, granulated sugar, lactose, soy protein/lecithin



Multivitamin-Mineral CELA

100 tablets | PZN 3052629



From 4 years**

Chelates - what is that?

A chelate is a compound of an organic and a mineral part. The mineral part in a mineral chelate is a metal ion. The organic part can be, for example, amino acids, lactate, citrate, hydrolysed protein or one or more amino acids from hydrolysed protein or even a synthetic compound.

Per daily portion (2 tablets)		NRV*
Beta-carotene	4,8 mg	-
equivalent to vitamin A	800,0 µg	100%
Vitamin D3 (800 IE)	20 µg	400%
Vitamin E	12 mg	100%
Vitamin K	75 µg	100%
Vitamin C	240 mg	300%
Vitamin B1	1,1 mg	100%
Vitamin B2	1,4 mg	100%
Vitamin B6	1,4 mg	100%
Vitamin B12	7,5 µg	300%
Pantothenic acid (B5)	6 mg	100%
Niacin (B3)	16 mg	100%
Biotin (B7)	150µg	150%
Folic acid	400 µg	200%
Calcium	240 mg	30%
Magnesium	120 mg	40%
Iron	14 mg	100%
Zinc	4 mg	40%
Selenium	55 µg	100%
Copper	1 mg	100%
Iodine	150 µg	100%
Manganese	2 mg	100%
Molybdenum	50 µg	100%
Chrome	40 µg	100%

Chelates are characterised by the fact that they can bind the metal ion much more firmly to themselves and are not split off in the stomach by the hydrochloric acid and can thus be passed through the intestinal mucosa much better than inorganic metal salts. The bioavailability is therefore much higher than with inorganically bound minerals and also higher than with many other organically bound mineral salts.



Recommended intake**:

Take daily with some liquid
from 4 to 6 years: 1/2 tablet
from 7 to 9 years: 1 tablet
from 10 years: 2 tablets

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 the EU Food Information Regulation (LMIV)

** We recommend clarifying supplementation and dosage with a doctor before use.

Omega-3 liquid

150 ml | PZN 4853857

From 2 years**

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

For whom is Burgerstein Omega-3 liquid particularly suitable?

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

- For the heart - EPA and DHA contribute to a normal heart function.¹
- For blood pressure - DHA and EPA contribute to the maintenance of normal blood pressure.²
- For triglyceride (cholesterol) levels - DHA and EPA contribute to the maintenance of normal blood triglyceride levels.³
- For the brain - DHA helps to maintain normal brain function.¹
- For the eyes/vision - DHA contributes to the maintenance of normal vision.¹
- During pregnancy and breastfeeding - Maternal intake of docosahexaenoic acid (DHA) contributes to a normal development of the eyes & brain in the foetus and in the breastfed infant.⁴

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



Recommended intake: Take with a meal. | from 2 - 5 years: 1/4 measuring spoon | from 6 - 9 years: 1/2 measuring spoon | from 10 years: 1 measuring spoon

Free from: 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) | ** may vary due to natural product | *** docosapentaenoic acid, stearidonic acid, α -linolenic acid, etc. | **** We recommend that supplementation and dosage be with a doctor before taking the supplement. | 1 Positive effect with a daily intake of 250 mg DHA. | 2 With a daily intake of 3 g DHA and EPA. The total intake of 5 g per day must not be exceeded. | 3 At a daily intake of 2 g DHA. The total intake of 5 g per day must not be exceeded. | 4 Positive effect if, in addition to the daily dose of omega-3 fatty acids recommended for adults (i.e. 250 mg DHA and EPA), 200 mg of DHA is taken daily.



Burgerstein Vitamine



P. AL. Schöner, PP 21.1

The main thing: HEALTHY!

Vitamin D3 Spray

20 ml | PZN 5404038



from the 13th month**

Burgerstein Vitamin D3 Spray contains vitamin D3 in the form of the easily utilisable cholecalciferol. The **tasteless spray**, based on coconut oil, is of course alcohol-free and therefore also ideal for children from the age of 13 months.

Vitamin D is the only vitamin where 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 form of vitamin D that our skin synthesises from cholesterol when exposed to the sun (UV-B). The activation of vitamin D3 takes place in the liver, the further conversion into calcitriol takes place in the kidney.

Vitamin D3 ...

- ... supports the development of cells in various 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 utilisation of calcium and phosphorus
- ... contributes to the maintenance of normal teeth
- ... contributes to normal blood calcium levels

Per daily portion	1 spray burst	NRV*
vitamin D3 (800 IE)	20 µg	400%

Recommended intake:** Take 1 spray (=0.14ml) daily with or after a meal. One spray with 20 ml is sufficient for approx. 140 sprays.

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 the EU Food Information Regulation (LMIV).

** We recommend clarifying supplementation and dosage with a doctor before use.

VitaMini

30 gummies | PZN 5849295



From 4 years**

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.

Nährwerte	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%

Nährwerte	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)

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

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

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Zinc

General information

A key element for our immune system: ZINC

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

Zinc ...

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

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



Zink-C

30 toffees | PZN 5571598

60 toffees | PZN 5348452

From 4 years**

Toffees with zinc, vitamin C & natural orange flavour.

To suck or chew.

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

Vitamin C is one of the indispensable helpers of the immune system. It supports the killing of pathogens and promotes the formation of both antibodies and interferons. The body needs both to cope with pathogens.

For whom is Burgerstein Zink-C particularly suitable?

- For all those with a lot of contact with others
- For all those who do not want to or cannot swallow tablets
- For young and old during the cold season - to support the immune system

Per daily portion (1 toffee)	NRV*	
carbohydrates	3,5 g	—
thereof sugar	3,5 g	—
vitamin C	80 mg	100 %
zinc	10 mg	100 %
bread unit	0,49	—

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

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



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

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

** We recommend clarifying supplementation and dosage with a doctor before use.

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

More desire für kid's health?

Further information at: www.burgerstein.at



Too many children do not have a healthy diet

Around two thirds of children do not eat fresh fruit and vegetables regularly, 20% never eat them ... Even if so-called children's products are tempting, they are usually not recommendable. They often contain far too much fat and unsuitable short-chain fatty acids, too much sugar, too many preservatives and too few micro-nutrients. The same applies to chips, burgers, curry sausage and mayo, which are popular with children. An unbalanced diet with little fruit and vegetables often lacks vitamin C, iron, zinc, calcium and selenium. It is a fact that about 30 % of children are overweight, to which a high-fat and high-sugar diet as well as too little exercise contribute. Overweight children have twice the risk of suffering from significant overweight (obesity) in adulthood. Also increased is their risk of diabetes and cardiovascular diseases.

Burgerstein products are available without prescription at your pharmacy.

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 **Burgerstein Vitamine**