



New products

MagnesiumVital direct
new as of October 2023

Collagen powder
new as of November 2023



The magnesium for „quick“ cases and on the go.

Ingredients - general information

Burgerstein MagnesiumVital direct overview

Dosage	100% of the daily requirement of magnesium (375 mg (15.4 mmol)) in one stick
Content	Optimal magnesium combination: organic magnesium citrate supplemented with magnesium oxide for good bioavailability combined with good compliance thanks to low granule quantity
Taste	<ul style="list-style-type: none">• Natural blackberry aroma• Test winner in the taste test*
Intake	<ul style="list-style-type: none">• Ingestion without water• Practical for on the go - ideal for the backpack, sports or travel bag• In case of increased need in the short term, but can also be used in the long term• Magnesium preparations of 250 mg or more can have a laxative effect
Sweetener	<ul style="list-style-type: none">• Without added granulated sugar; sweetened with birch sugar (xylitol)• No aspartame or sorbitol - without artificial sweeteners
Auxiliary materials	<ul style="list-style-type: none">• Without artificial colours and preservatives• Vegan and gluten-free
Package contents	30 Sticks

Did you know:

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



* ZHAW taste test 9/22 with 60 consumers.

Burgerstein MagnesiumVital direct supports ...

- **... during sports**
Magnesium contributes to electrolyte balance
Magnesium contributes to normal muscle function
- **... during pregnancy & lactation**
- **... to reduce fatigue and fatigue**
Magnesium contributes to the reduction of fatigue and tiredness
- **... the energy metabolism**
Magnesium contributes to a normal energy metabolism
- **... the nerves**
Magnesium contributes to normal functioning of the nervous system
Magnesium contributes to normal mental function
- **... muscles, bones & teeth**
Magnesium contributes to normal muscle function
Magnesium contributes to the maintenance of normal bones / teeth

Nutritional values	Per daily portion (1 Stick)	NRV*
Magnesium	375,00 mg	100 %
Bread units (1 BU $\hat{=}$ 12 g carbohydrates)	0,07	—

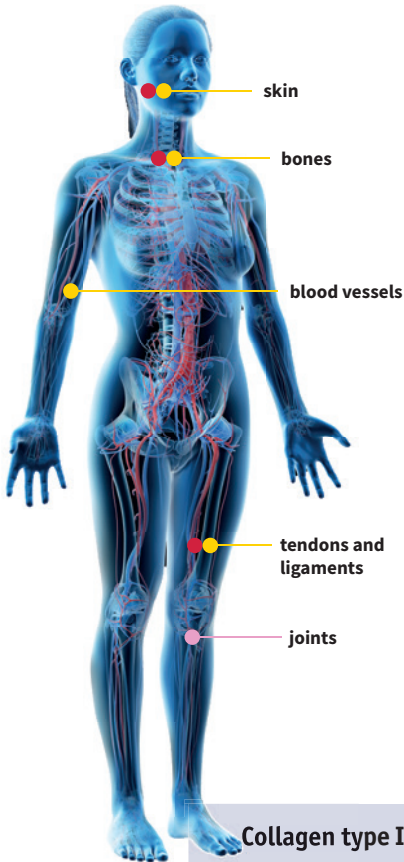
Recommended intake: 1 x daily put the contents of one stick directly into the mouth without water.

Free of: peanut oil, gelatin, gluten, yeast, lactose, soy protein/lecithin, sorbitol.



Collagen - an all-rounder

Ingredients - general information



Collagen is the most common protein in our body; about one third of the proteins in our organism belong to the collagens.

They are central structural components of many tissues, e.g. skin, nails and hair, joints, tendons, ligaments and bones, but are also found in the muscles, blood vessels and intestinal wall. Muscles, blood vessels and the intestinal wall.

Collagen is a major protein of the so-called extracellular matrix, a scaffold-like structure around cells, which plays a central role in the strength of tissues.

- Collagen type I
- Collagen type II
- Collagen type III

	Collagen type I	Collagen type II	Collagen type III
Occurrence in the body	mainly skin, tendons, bones	mainly cartilage	mainly skin and cornea, skeletal muscles, vascular walls, internal organs
Body functions	Gives elasticity to the skin and ligaments and tendons and provides flexible stability in the bone.	Provides for the functionality (mainly stability and elasticity) of the cartilage	Gives the skin and the internal organs an elastic stability

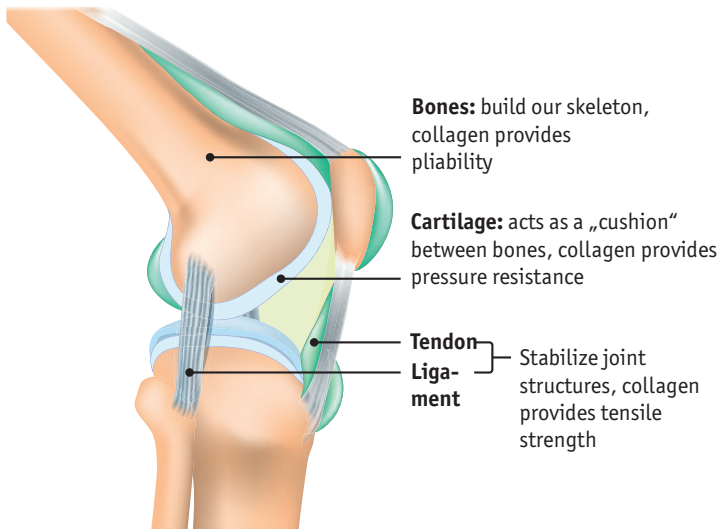
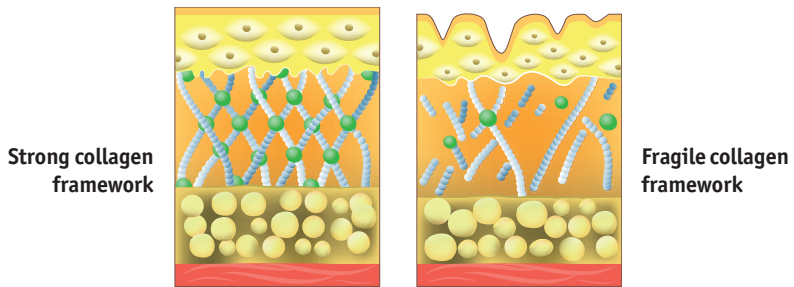
Collagen

General information

Occurrence in the skin, cartilage, ligaments, tendons and bones.

Collagen plays an essential role in the structure of the skin. It forms a kind of scaffolding in the subcutis (dermis). Together with hyaluronic acid, collagen binds water, which is important for the plumpness and moisture of the skin. Various factors reduce the stability of this scaffold, for example age or too much sun exposure.

→ The connective tissue becomes flabbier, the skin thinner and wrinkles form more frequently.



Collagen

General information

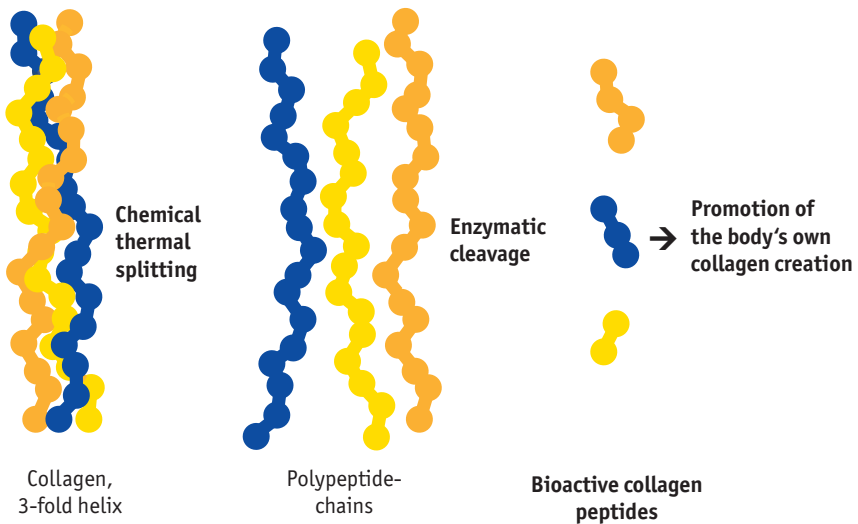
What are bioactive collagen peptides?

Bioactive collagen peptides are very short fragments of natural collagen, which can be better absorbed and utilized by the body due to their special manufacturing technology. Products with bioactive collagen peptides are therefore dosed significantly lower than conventional collagen hydroxylates or gelatine.

All collagens are characterized by a triple helix structure consisting of 3 peptide chains. Typical for collagens is the high content of the amino acid's glycine (approx. 33%), proline (10%), hydroxyproline (13.5%). For a long time, collagen proteins were considered inferior because of their low cysteine content and the absence of the essential amino acid tryptophan.

Daily, 0.5 to 2% of the collagen body stock is converted. In the endoplasmic reticulum of the cells, procollagen is formed, which is subsequently converted into mature collagen fibrils by various processes. In the foreground here is the linking of the collagen peptide chains. The matrix metalloproteases are primarily responsible for collagen degradation.

(Holwerda & van Loon, 2022)



Collagen Powder

110 g | PZN 5814279

New as of 11/2023

Burgerstein Collagen contains 100% pure bioactive collagen peptides. The product is versatile and allows a low daily dosage due to its high quality. Burgerstein Collagen can be ideally mixed into any beverage thanks to the tastelessness and dissolves quickly when stirred.

Burgerstein Collagen overview

Dosage	2.5 g collagen hydrolysate (Verisol-B) / day
Package contents	110 g / 44 daily portions
Taste	Neutral taste
Intake	dissolve in liquid and drink

Collagen powder supports ...

- ... people from about 40 years for the skin
- ... general skin care due to the bioactive collagen peptides
- ... strengthening of the connective tissue
- ... tendons, ligaments and overall joint health
- ... after various injuries in the area of joints and tendons

Nutritional values	per daily portion (2,5 g)	NRV*
Protein	2,3 g	—

Recommended intake: Take 1 level tablespoon daily. Burgerstein Collagen is neutral in taste and can be dissolved in liquid.

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



More desire for healthy?

More information at: www.burgerstein.at



CardioVital

30 capsules | PZN 5429877

Burgerstein CardioVital is a comprehensive dietary supplement for heart health. In addition to high-quality olive and garlic extract, it also contains vitamin B1, omega-3 EPA and DHA, coenzyme Q10, selenium and vitamin K. Vitamin B1 and the omega-3 fatty acids EPA and DHA contribute to normal heart function. Burgerstein uses speciality extracts in its products, including garlic extract ABG-25+® and olive extract Hytolive® in CardioVital. The black garlic extract used in Burgerstein CardioVital is odorless and tasteless. Thus, no effects such as evaporation, gastrointestinal problems, etc. are expected.



ImmunVital

60 capsules | PZN 5585956

Burgerstein ImmunVital Capsules is an all-in-one package for your immune system. Besides vitamin C, D, selenium, zinc, this product contains beta-glucan from yeast. Wellmune® is a yeast beta-1,3/1,6-glucan. Wellmune® is extracted from the cell wall of a proprietary strain of baker's yeast using a proprietary process. As a highly pure ingredient, Wellmune® is naturally gluten-free. It is clinically proven to help strengthen the immune system. Can be used from 4 years of age.



EPO-Nachtkerzenöl

90 capsules | PZN 3972904

Burgerstein EPO evening primrose oil contains pure, high-quality evening primrose oil and vitamin E. The fatty acids contained in evening primrose oil are important substances that the body cannot produce itself. Evening primrose oil can help to make dry skin supple and supports the regulation of elevated blood lipid levels. The contained vitamin E additionally helps to protect against the influence of free radicals. A course of treatment for 90 days is recommended.

Burgerstein products are available without prescription at your pharmacy.

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