



Pregnancy & breastfeeding

Precaution for two

Schwangerschaft & Stillzeit

Omega 3 DHA /liquid

OsteoVital forte

Calcium D3-Toffees



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Why are micronutrients important for pregnant and breastfeeding women?

At no other time in a woman's life is the need for micronutrients higher than during pregnancy and breastfeeding.

Already in the first 3-4 weeks of life - i.e. before the expectant mother knows that she is pregnant - important developmental processes (tissue/organ development, nervous system) have taken place in the embryo. Therefore, the developing child is dependent on a sufficient supply of vitamins, minerals, trace elements as well as fat and amino acids from the very beginning.

The expectant mother should therefore ensure that she takes in enough nutrients before pregnancy in order to replenish the body's reserves. In this way, the organism can be optimally prepared for the coming pregnancy.

The intake recommendations for various micronutrients are 50-100% higher during pregnancy compared to the average requirement. Supporting with a nutrient supplement therefore makes sense to ensure the healthy development of the child.

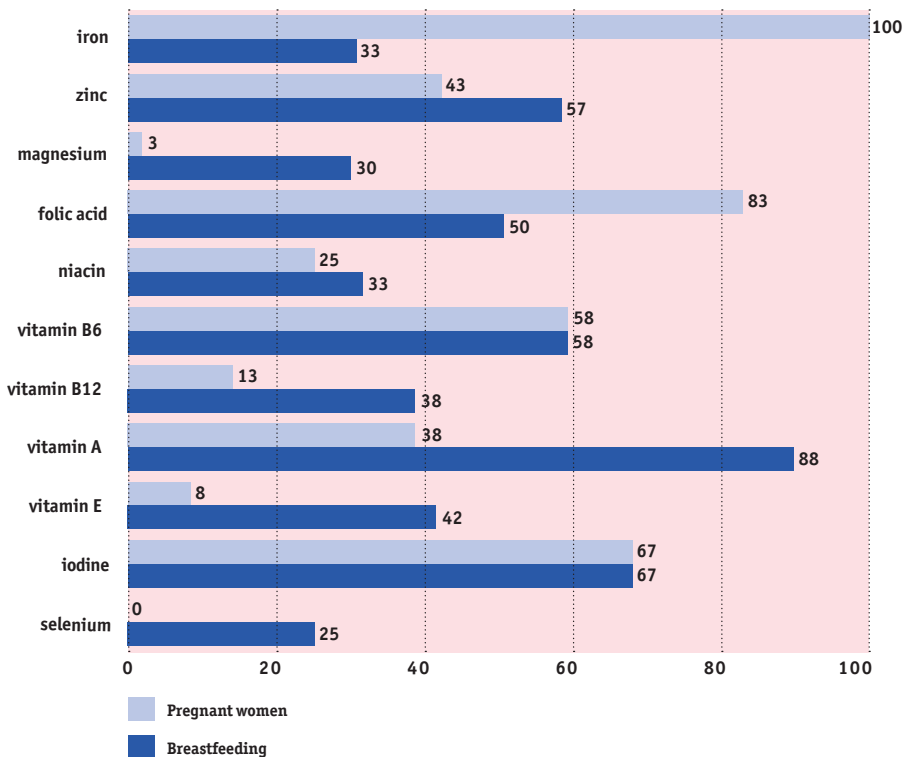
Even after birth, the higher need remains. The infant doubles its birth weight in the first 4-6 months. He is dependent on a balanced supply of nutrients via breast milk.

Desire to have children	Pregnancy			Breastfeeding
	1 st trimester	2 nd trimester	3 rd trimester	
Optimal basic care:				
Burgerstein Schwangerschaft & Stillzeit	→			
Burgerstein Omega-3 DHA		→		
Burgerstein Calcium D3/OsteoVital forte			→	

Pregnant and breastfeeding women need more micronutrients!

The table clearly shows that the need for individual micronutrients is 100% higher in pregnant and breastfeeding women. In contrast, the calorie requirement increases only by about 12.5% (= 250 kcal/day) from the 2nd trimester of pregnancy and only by about 25% (= 500 kcal/day) from the 3rd trimester and during breastfeeding. Therefore, it is important to pay attention to additional micronutrient supplementation with balanced and well-tolerated preparations.

ADDITIONAL DEMAND FOR MICRONUTRIENTS IN PERCENT



Source: Deutsche Gesellschaft für Ernährung, Österreichische Gesellschaft für Ernährung, Schweizerische Gesellschaft für Ernährung (Hrsg.): Referenzwerte für die Nährstoffzufuhr. Bonn, 2. Auflage, 1. Ausgabe (2015).

What are the benefits of micronutrients during pregnancy and breastfeeding?

Vitamins, minerals, trace elements as well as fatty and amino acids are mainly needed to cover the mother's increased requirements. A sufficient supply of all vital micronutrients also serves the optimal development of the child and promotes a positive course of pregnancy.

Burgerstein products supplement the expectant mother's diet with important micronutrients. You can find out more about this on the following pages or from medical professionals.

*„Not only is the child born through the mother,
but also the mother through the child.“*

Gertrud von le Fort (1876–1971), Germ. Poet

Use of Burgerstein products during pregnancy and breastfeeding

Basic care for mother & child

- Burgerstein Schwangerschaft & Stillzeit

To support the child's brain development¹

- Burgerstein Omega-3 DHA
- Burgerstein Omega liquid

Minerals for the child's bone structure²

- Burgerstein OsteoVital forte
- Burgerstein Calcium D3-Toffees

¹ The mother's intake of docosahexaenoic acid (DHA) contributes to the normal development of the brain in the foetus and the breastfed infant.
² Calcium and vitamin D are needed for a healthy growth and development of bones in children.

For a healthy start to life.



The balanced basic preparation for pregnant breastfeeding women. Burgerstein Schwangerschaft & Stillzeit covers the increased needs of the mother and supports the healthy development of the child.

**Palm oil
free**



The need for vitamins, minerals and trace elements is significantly increased during pregnancy and breastfeeding. In no other period of a woman's life nutrient requirements are higher. Sensible and safe nutrient supplementation is - from the time a woman wishes to have a child to the time she is breastfeeding - a central question:

- Compensation for the mother's increased needs during pregnancy and breastfeeding
- Support the healthy development of the child in the womb and via breast milk during breastfeeding.
- Support for a healthy course of pregnancy

Burgerstein Schwangerschaft & Stillzeit is specially tailored to the needs of pregnant and breastfeeding women and supports the optimal development of the child. It contains 13 vitamins and 10 minerals and trace elements in a balanced and gentle formulation:

- **600 micrograms of folic acid (Quatrefolic®):** A low folic acid level in pregnant women is a risk factor for the development of neural tube defects in the growing embryo¹. Folic acid plays a central role in essential metabolic steps in all cells and is converted into various forms of folic acid in the so-called folic acid cycle. Quatrefolic® provides the intestinal cells with folic acid in a form that they can easily absorb and can release into the blood without any further changes, so that it is directly available to the other cells of the body.
- **30 milligrams of organic iron:** contributes to the normal formation of red blood cells and haemoglobin in the mother - exactly in the right dosage according to the current state of research
- **B vitamins:** many B vitamins contribute to a normal function of the nervous system and to a normal energy metabolism
- **Vitamin C:** important antioxidant; contributes to a normal function of the immune system and to collagen formation for a normal skin function

The composition of Burgerstein Schwangerschaft & Stillzeit is based on the recommendations of the Federal Office of Public Health (BAG) and the D-A-CH* Reference Values 2015 for the nutrient intake of pregnant and breastfeeding women. Burgerstein Schwangerschaft & Stillzeit is very well tolerated due to the balanced dosages and the careful selection of raw materials. It contains no artificial flavourings, preservatives or colourings and can be taken regularly before, during and after pregnancy.

¹ Women of childbearing age should take supplementary folic acid for at least one month before and up to three months after conception for a positive effect.

* Source: Deutsche Gesellschaft für Ernährung, Österreichische Gesellschaft für Ernährung, Schweizerische Gesellschaft für Ernährung (Hrsg.): Referenzwerte für die Nährstoffzufuhr. Bonn, 2. Auflage, 1. Ausgabe (2015).

Per daily portion (2 tablets)		NRV*
beta-carotene	2,4 mg	—
thereof vitamin A	400 µg	50%
vitamin B1	2,2 mg	200%
vitamin B2	2,8 mg	200%
vitamin B6	2,8 mg	200%
vitamin B12	7,5 µg	300%
niacin	32 mg	200%
pantothenic acid	12 mg	200%
biotin	100µg	200%
folic acid (Quatrefolic®)	600 µg	300%
vitamin C	160 mg	200%
vitamin D3	20 µg	400%
vitamin E	24 mg	200%
vitamin K1	75 µg	100%
calcium	300 mg	38%
magnesium	200 mg	53%
zinc	5 mg	50%
iron	20 mg	143%
manganese	2 mg	100%
copper	1 mg	100%
chrome	40 µg	100%
molybdenum	50 µg	100%
iodine	150 µg	100%
selenium	55 µg	100%



Recommended intake: Take 2 tablets daily with a little liquid

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



with Quatrefolic®



Quatrefolic® is a high-quality folate that is already available in the biologically active form and can therefore be directly absorbed and utilised by the body without conversion. This also means that no conversion losses can occur.

Omega-3

Omega-3 DHA - 60 capsules | PZN 4271658

Omega-3 liquid - 150 ml | PZN 4853857

To cover the increased need for polyunsaturated fatty acids.

Burgerstein Omega-3 DHA is a pure fish oil preparation with a particularly high proportion of the valuable omega fatty acid DHA (docosahexaenoic acid). Thanks to the high concentration of DHA, 2 capsules per day are sufficient to cover the increased requirement.

- DHA is important for the development of the brain in the foetus and in the breastfed infant.¹
- DHA is an important component of the photoreceptors in the retina and contributes to normal eye development in the foetus and breastfed infant.¹



Docosahexaenoic acid (DHA) is a vital and polyunsaturated omega-3 fatty acid. DHA is an important structural component of cells, especially in the brain and in the retina of the eye. For this reason, a sufficient supply is particularly important throughout pregnancy and breastfeeding. Burgerstein Omega-3 liquid oil is available for people who do not want to swallow capsules. A balanced omega-3 preparation with the fatty acids DHA and EPA, which has a fine orange flavour.

¹ Positive effect if 200mg of DHA is taken daily in addition to the daily dose of omega-3 fatty acids recommended for adults (i.e. 250 mg DHA and EPA).

Omega-3

Omega-3 DHA - 60 capsules | PZN 4271658

Omega-3 liquid - 150 ml | PZN 4853857

Omega-3 liquid

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).

Per daily portion (= 1 teaspoon = 5 ml)		NRV*
omega-3 fatty acids	≥ 1,4 g**	—
730 mg EPA & 455 mg DHA	1185 mg	237 %
more***	215 mg	—
vitamin E	12 mg	100 %

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

Recommended intake: Take preferably with a meal. Pregnant and breastfeeding women: Take ½ teaspoon (= 2.5 ml) daily, preferably with a meal. The daily maximum amount of ½ teaspoon must not be exceeded.

Omega-3 DHA

The intake of omega-3 fatty acids and especially of DHA in the daily diet in Europe is significantly below the recommendations of the American Heart Association. A sufficient intake of DHA is recommended in all phases of life - already during pregnancy, as well as to maintain a good memory and a good ability to concentrate.

Per daily portion (= 2 capsules)		NRV*
omega-3 fatty acids	700 mg**	—
106 mg EPA & 500 mg DHA	606 mg	—
more***	94 mg	—
vitamin E	12 mg	100 %

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

Recommended intake: Take 2 tablets daily - preferably with a meal

Guaranteed sustainable fishing



Fish oil from environmentally friendly and sustainable fishing - certified according to "Friend of the sea". No fishy taste, no burping, with guaranteed purity thanks to extensive quality controls.

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

Did you know that...

- calcium and vitamin D are essential for the bone metabolism - but cannot cover all the needs for the formation of a healthy bone?
- magnesium plays just as an important role in maintaining bone mass as calcium - but is hardly taken into account in practice?
- bone consists not only of minerals but, like skin, of elastic collagen fibres? Vitamin C contributes significantly to the formation of collagen.
- vitamin K also supports the maintenance of normal bones & that the long-acting and very easily utilisable vitamin K2 used in Burgerstein OsteoVital forte is more expensive than gold?
- trace elements such as zinc and manganese are also important for the maintenance of normal bone mass and bone structure?

Per daily portion (4 tablets)		NRV*
vitamin C	200 mg	250%
vitamin B6 (pyridoxine)	2 mg	143%
vitamin B12 (cobalamin)	4,00 µg	160%
folic acid	300 µg	150%
vitamin K2	75 µg	100%
vitamin D3	25 µg	500%
calcium	250 mg	31%
magnesium	200 mg	53%
zinc	5 mg	500%
manganese	2 mg	100%
copper	1 mg	100%
silicon	8 mg	—



Recommended intake: 4 tablets daily with some liquid. Take before a meal or no more than 2 hours after.

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

Calcium D3-Toffees

23 toffees | PZN 4881983

Burgerstein Calcium D3 Toffees are tasty toffees with calcium and vitamin D3 for adults and children. 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 a normal absorption and utilisation of calcium.

Calcium D3:

- Optimises the development and maintenance of strong bone mass, especially for growing children and adolescents
- Supports people with gastrointestinal problems or those who have had gastric bypass surgery
- Suitable for people who have difficulty in optimally utilising calcium (due to the formulation)
- Contains organic calcium citrate

Per daily portion (2 toffees)		NRV*
energy	120 kJ / 28 kcal	—
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 %

Recommended intake: Chew 2 toffees per day, can be dosed flexibly as needed and taken throughout the day.

Suitable for:

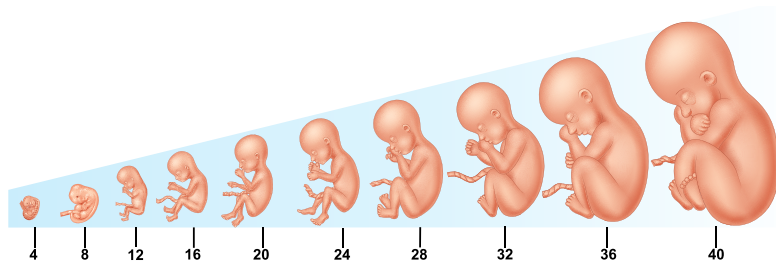
- Adults as a supplement in special situations (pregnancy & breastfeeding, postmenopause, etc.).
- Growing children and adolescents
- People who do not want to or cannot swallow tablets
- Adults as a daily food supplement



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

This is how an unborn child develops.

It takes around nine months for a microscopically small germ cell to develop into a mature child. A period in which all vital organs and tissues are formed. Here you will find a description of important developmental steps for each week of pregnancy, from fertilisation of an egg, the development of the first organs, the formation of nerve cells and muscles to birth.



1st and 2nd week of pregnancy (1st month)

Ovulation takes place around the middle of the woman's monthly cycle. The ovaries usually release an egg. With the fertilisation of an egg cell by a sperm cell in the fallopian tube, the development of a new human being begins. By combining the genetic information of the mother's egg cell and the father's sperm cell, the blueprint for the new life is complete. The fertilised egg cell (blastocyst) moves through the fallopian tube to the uterus in four to five days and nests there. Cell division begins. Once implantation has taken place, the next menstrual period does not occur.

3rd and 4th week of pregnancy (1st month)

In the next two weeks, the germ cell tries to settle firmly in the uterus. Cell division gives rise to the placenta, the amniotic sac and the so-called germinal disc, which is around two millimetres in size.

5th and 6th week of pregnancy (2nd month)

The embryo forms and is supplied via the umbilical cord. A circulatory system of its own with a first organ, the heart, begins to develop. Constructions for the head, brain and back develop. The extremities of the embryo, which is about five millimetres in size, slowly begin to form.

7th and 8th week of pregnancy (2nd month)

Some organs such as the heart, kidneys or stomach begin to work. The head and upper extremities dominate the body shape of the embryo, which is around 15 millimetres in size. The mouth, nose and eyes begin to form.

This is how an unborn child develops.

9th and 10th week of pregnancy (3rd month)

Nerve cells and muscles have developed so far that the embryo can move in an undirected manner. However, the mother cannot yet feel these movements. From head to rump, the body of the embryo measures about 25 millimetres and weighs about 15 grams.

11th and 12th week of pregnancy (3rd month)

The fingers on the hands are now clearly visible. The nerve pathways have become more interconnected, so that the embryo's movements can be made more and more precisely. The placenta continues to grow. It takes over the task of supplying the approximately five-centimetre embryo with oxygen and nutrients from the mother's blood.

13th to 16th week of pregnancy (4th month)

The skin is almost fully developed. The soft cartilages of the skeletal framework begin to ossify. The unborn child moves around a lot in the amniotic fluid of the amniotic sac and sleeps only briefly and irregularly. It is called a foetus from the 13th week of pregnancy. The external sex organs develop. However, they cannot yet be recognised on the ultrasound image. The foetus is about 18 centimetres tall at the end of the fourth month.



17th to 20th week of pregnancy (5th month)

The senses develop. The foetus can distinguish light and dark and perceives its first acoustic stimuli - initially sounds from the mother's body, later from outside. The unborn child's movements become stronger and the mother can feel the baby's small pushes for the first time. The external sex organs may be detected by a doctor during an ultrasound examination. At the end of the fifth month, the foetus is just over 20 cm tall.

21st to 24th week of pregnancy (6th month)

The brain grows particularly quickly now. The unborn child begins to move its eyes. The skin is still pale and translucent. The foetus weighs around three quarters of a kilo.

This is how an unborn child develops.

25th to 28th week of pregnancy (7th month)

Most of the foetus' organs are developed and functioning. Only the lungs are not yet fully developed. The previously missing fatty tissue is now increasingly formed. The eyes can open briefly and blink. The child begins to sleep through the night for several hours and to develop a sleep-wake rhythm. In the case of a premature birth, the chances of survival are now already present.

29th to 32nd week of pregnancy (8th month)

The foetus now gains weight rapidly and continues to mature. Fat continues to be deposited under the skin and the skin becomes smoother. The fingernails have already grown considerably. At the end of the eighth month, the baby weighs about two kilograms. The foetus can turn into the birth position at any time during this phase. As it does so, the baby's head moves into the mother's pelvis. The further the pregnancy has progressed, the less space the unborn child has in the mother's womb.

33rd week of pregnancy until birth

The foetus matures, stores minerals and continues to gain weight until birth. In the weeks before birth, the lungs get ready for the first breath. The breathing exercises in the amniotic fluid can cause the baby to hiccup. The senses are also now mature. The unborn child is ready for birth.




More from Burgerstein

Further information at: www.burgerstein.at



Product information 01




Amino acids
Building blocks of life

Aspartat
Leucin
Lysin
Lysin
Lysin

Burgerstein Vitamine

Product information 05



Combination products
with special plant extracts

CardoVIT
with special plant extracts

Curcuma-Komplex
with Curcumin & essential oils

Mood
with Melisse & Luffen

Burgerstein Vitamine

Product information 09



Vitamins
for a healthier life

B-Komplex
B-Komplex B12
Vitamin B12 Boost
Vitamin C 1000mg time-release
Vitamin C-Komplex

Vitamin D3 Spray 800 IE
Vitamin D3 2000 IE
Vitamin D3 2000 IE
Vitamin B2
Vitamin B2

Burgerstein Vitamine

Customer information i



Hair Mineral Analysis

Your hair: a reflection of your health.

The Hair mineral analysis provides clarity:

- Which minerals your body is missing. Easy result!
- Which vitamins and trace elements are missing!

In cooperation with:

coronacenter

Burgerstein Vitamine

Product folder - available at your pharmacy

01-Amino Acids | 02-Basic Products & Wellbeing | 03-Coenzyme Q10 | 04-Fatty Acids | 05-Combination Products | 06-Minerals/Trace Elements | 07-Multivitamins | 08-Special Combinations | 09-Vitamins | i-Pregnancy & Breastfeeding | i-Hair Mineral Analysis | i-Product Overview | i-Prevention & Stay Healthy | i-Children & Adolescents

We would be happy to send brochures directly to your home-address. Just send us a quick email to service@burgerstein.at or give us a call (Tel.no. see below).

The new Burgerstein Micronutrient Handbook ...

in its 14th edition - has been published. The main focus of the book is on using micronutrients correctly!

Vitamin D3, zinc, selenium, omega-3 fatty acids - the use of dietary supplements is a hot topic. Read about what vitamins, minerals, trace elements, amino and fatty acids and other exciting nutrients and plant substances can do for our bodies. With lots of practical tips and recommendations on how to take them, you will learn clearly how they affect people and their well-being - in an easy-to-understand, scientific and up-to-date way.



Available at your pharmacy.

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Burgerstein Vitamine