

# Customer Information



## 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

# Our recommendation of the most important micronutrients for your immune system



The immune system needs these micronutrients

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Vitamins, minerals and trace elements are not miracle cures. But for our body to have any chance at all against infections, a sufficient supply of micronutrients is essential.

## **Which micronutrients are particularly important for the immune system?**

Most people know that a healthy diet is important. Because of the nutrients that keep us fit and vital. However, it seems to be similar with the nutrients as with the corona measures: Those who are healthy find it hard to believe that they are really absolutely necessary.

There is another parallel: we can get sick despite an exemplary nutrient status. BUT: a well-equipped immune system will certainly deal with the pathogens more easily and quickly than one that is weakened and undersupplied.

## **What does our body so that everything runs smoothly?**

Our body regularly needs high-quality micronutrients, i.e. vitamins and minerals, which do not provide the body with energy, but are very important for cell metabolism and the body's immune response.



# Our recommendation of the most important micronutrients for your immune system



The immune system needs these micronutrients

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## Vitamin C

We have to take this vitamin with our food. It is water-soluble and is excreted easily if consumed in excess - so don't be afraid of overdosing.

This vitamin also plays an important role in the body's immune response. In the event of an invasion by pathogens, it stimulates the migration of immune cells to the site of infection and promotes phagocytosis - meaning that the pathogens are absorbed and rendered harmless.

## Vitamin D

This fat-soluble vitamin is particularly important because the body can synthesise it itself - if the sun is shining.

Vitamin D is also involved in the regulation of a number of immune-relevant genes. For example, it regulates the expression of a gene that is involved in the body's non-specific defence mechanisms.

The best known function of vitamin D is its involvement in bone metabolism. Among other things, vitamin D promotes the absorption of calcium and phosphate from the intestine and their incorporation into the bone. It therefore plays a key role in bone mineralisation.

But vitamin D is also essential for the immune system. If the vitamin is missing in the body, the killer cells of the immune system - the T-cells - cannot react and are not able to fight pathogens in the body.

## Zinc

Zinc is of central importance for the immune system. A zinc deficiency results in a significant reduction in cellular immunity and antibody production. The ability of the macrophages to absorb pathogens is also considerably impaired. There is an increased susceptibility to viral infections and allergic diseases.

# Our recommendation of the most important micronutrients for your immune system



The immune system needs these micronutrients

## Selenium

A selenium deficiency increases susceptibility to viruses and increases the complication rate of infections. Selenium helps the immune system to function normally and helps to protect cells from oxidative stress. Since foods with animal origin are among the most important sources of selenium, vegetarians on average have a poorer supply of selenium.

Selenium plays an important role as an antioxidant, in the immune system, in the production of thyroid hormones and in the formation of sperm.

## Omega 3

For more than 30 years, positive changes in the immune system have been described by omega-3 fatty acids. Omega-3 fatty acids (EPA and DHA) also play an important role in the immune defence: they provide the important basic building blocks for so-called inflammation-dissolving substances, also known as resolvins, which promote the subsiding of inflammatory reactions, e.g. as a result of microbial or viral infections.

## Beta-glucan

Wellmune® is a leading, natural 1,3/1,6-beta-glucan which has been clinically proven to help strengthen the immune system. Added to your daily food, drinks and dietary supplements, Wellmune® helps you to feel good and stay healthy. Wellmune® is extracted from the cell wall of a proprietary variety of baker's yeast using a proprietary process. As a highly pure ingredient, Wellmune® is gluten-free by nature.



Further information can be found at: [www.burgerstein.at](http://www.burgerstein.at)

\*NRV = reference quantity for daily intake according to the EU



# Stress-free and in top shape every day?



## The main thing: HEALTHY!



- 1 capsule per day
- With highly concentrated ginseng extract
- Supports active people who are particularly challenged in their work and everyday life
- Supports with all 8 B vitamins and 12 other ingredients

Swiss quality.

Available without prescription at your pharmacy. [www.burgerstein.at](http://www.burgerstein.at)



# Burgerstein Vitamine



# The intestine - place of health

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## General information

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What has been known in traditional Chinese medicine for thousands of years has only recently entered our consciousness. The intestine has its own intelligence and is a central organ for the immune defence. It reacts sensitively to external and internal factors and has a significant influence on our well-being.

The nerve plexuses of the intestinal walls produce diverse messenger substances that regulate communication between the stomach and the head. 90 % of the nerve connections run from the belly to the head. In this way, the brain is constantly informed about the state of the gut. However, the information transfer also works the other way round: stress causes the intestinal muscles to relax and thus paralyses the digestive process. Relaxation, on the other hand, normally activates the intestines.

Stress is particularly significant for the development of inflammatory processes in the intestine. Many pharmaceutical preparations also stress the intestine and the intestinal flora in the long term, including antibiotics, cortisone and chemotherapeutic agents, the birth control pill, hormones during the menopause and excessive use of laxatives.

Environmental toxins and hyperacidity also contribute to the imbalance in the gut. This has fatal consequences; because the intestine is the headquarter of the immune system. Immune cells are trained and prepared in the intestine for their tasks throughout the body. Worst case scenario: the entire system tips over, involving the immune system.

## Healthy intestinal flora is essential for

- Strengthening your defences (from babyhood)
- Healthy digestive and metabolic function
- Optimal absorption of vitamins and minerals (8 strains)
- Cleansing of the intestine from putrefactive and fermenting substances
- Protection of the intestinal mucosa
- Barrier against allergenic and pathogenic components of food
- According to the latest scientific findings, Alzheimer's is related to inflammation in the intestinal area



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.**



# L-Glutamin

180 gr. powder | PZN 5571635



L-glutamine is an important amino acid for the body. In muscle cells, L-glutamine is the most abundant free amino acid; for intestinal cells, L-glutamine serves as the main energy source. In stress situations, the need for L-glutamine is increased. Whether muscle growth, sleep support, stress resistance or mental strain - glutamine is a helpful source for humans in these areas.

## When is L-glutamine particularly suitable?

- In situations with high energy requirements, especially during great efforts, physical training and examinations, is the body's own production of L-glutamine insufficient.
- L-glutamine contributes to an optimal energy supply of the cells.

## Did you know?

With 4.8 g per 100 g, cocoa has the highest glutamine content in food. As a part of your daily diet, milk, dairy products such as Quark, yoghurt or soft cheese, wheat and soy products, beef and pork, raw or smoked salmon, eggs and walnuts.

It should be noted that glutamine is extremely heat-sensitive and easily destroyed during cooking, frying or baking.

### Per daily portion (1 scoop=3 g)

Glutamine	3g
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**Recommended intake:** Stir 1 level scoop (=3 g) daily in a glass of water and drink

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



Burgerstein ImmunVital® is a tasty elderberry juice supplemented with vitamins, trace elements and beta-glucan from yeast (Wellmune®) for the whole family. The vitamins C and D and the trace elements zinc and selenium contribute to the normal function of the immune system.



## For whom is Burgerstein ImmunVital® particularly suitable?

- **Adults**

Vitamin C and D as well as zinc and selenium contribute to the normal function of the immune system

- **Children**

Vitamin D contributes to the normal function of the immune system

- **Athletes**

Vitamin C contributes to a normal immune system function during and after intense physical activity

Vitamin D contributes to the maintenance of normal muscle function

Vitamin C contributes to a normal energy metabolism

Vitamin C contributes to the reduction of tiredness and fatigue

## Did you know?

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.<sup>2</sup>

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, fructose, lactose, gluten, peanut oil, soy protein/lecithin, gelatin

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



# L-Lysin

30 tablets | PZN 3791427  
100 tablets | PZN 5243138



Burgerstein L-Lysin contains 1,5 g L-lysine per daily portion. L-lysine is an essential amino acid, which means that it cannot be produced by the body itself and must therefore be supplied with food. L-lysine is the counterpart of the amino acid L-arginine.

## Did you know?

About 90 percent of people carry the causative agent, the herpes simplex virus. L-lysine is successfully used to prevent herpes simplex infections (fever blisters). The painful blisters are quickly and reliably relieved. When taken regularly, L-lysine can prevent the outbreak of herpes. The best effect is achieved with the precautionary intake. If the infection is already there, the dosage can be increased accordingly.

## When is L-lysine particularly suitable?

- Supports the absorption of calcium from the intestine and is an essential component of bone structure
- Successfully supports herpes simplex infections (fever blisters)
- Supports the immune system

### Per daily portion (3 tablets)

L-lysine	1,5 g
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**Recommended intake:** Take 3 tablets daily with some liquid

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



Burgerstein SelenVital contains 55 µg of easily utilisable, organic selenium per daily portion. Selenium is a trace element that occurs in minute quantities in many foods. Alpine countries in particular have selenium-poor soils and a sufficient selenium supply is therefore difficult.

The trace element selenium helps to protect the cells from oxidative stress. Selenium also supports the normal function of the immune system and the thyroid gland. Selenium also contributes to the maintenance of normal hair and nails.

## Did you know?

Symptoms of a selenium deficiency include muscle disorders, fingernails with white spots, scaly and pale skin, thin hair and hair loss, liver dysfunction and fatigue.

## When is SelenVital particularly suitable?

- **To protect the cells:** Selenium helps to protect the cells from oxidative stress
- **For the immune system:** Selenium contributes to a normal immune system function
- **For the thyroid gland:** Selenium contributes to a normal thyroid function
- **For hair and nails:** Selenium contributes to the maintenance of normal hair / nails
- **For men:** Selenium contributes to a normal sperm formation

Per daily portion (1 tablet)	NRV*
Selenium	100 µg 182%

**Recommended intake:** Take 1 tablet daily with some liquid

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







# Burgerstein Vitamine



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## The main thing: HEALTHY!

# TopFit

60 capsules | PZN 5605765

Burgerstein TopFit with vitamins, minerals and herbal ingredients such as ginseng supplements the daily diet and can make a contribution to well-being. For example, vitamin B12 and iron contribute to the normal function of the energy metabolism and to reduce fatigue. The water-soluble vitamin C is involved in the normal function of the immune system. Just one capsule is enough to cover the usually recommended daily amount of many of these essential micronutrients.



## When should Burgerstein TopVital One-A-Day be used?

- To help you get in even better shape physically and mentally
- To give you back the energy you need for your job, household and leisure time
- A balanced multivitamin-trace element supplement for increased daily requirements
- With special ginseng extract (Panax Ginseng C.A.Meyer) for more energy
- Contains the most important antioxidants to protect against excess free radicals
- Contains all 8 B vitamins in concise doses for better stress management
- For all people 50+ (ensures a sufficient basic supply of the most important micronutrients)

Ginseng

In traditional Chinese medicine, ginseng has been known as a remedy for over 2000 years. In the Chinese language, ginseng is called „Jen Shen“, which means „human root“. The roots contain the active ingredients, including ginsenosides. These are said to stimulate the metabolism, strengthen the immune system and have adaptogenic properties. Adaptogens are natural plant active ingredients that improve the ability to cope with stress factors.

In addition, ginseng is said to fight fatigue, help against states of exhaustion and prevent a cold, for example.



Per daily portion (1 capsule)		NRV*
Beta-carotene	4,80 mg	100%
equivalent to vitamin A	800,00 µg	100%
Vitamin B1 (thiamine)	3,00 mg	273%
Vitamin B2 (riboflavin)	3,00 mg	214%
Vitamin B6 (pyridoxine)	10,00 mg	714%
Vitamin B12 (cobalamin)	12,00 µg	480%
Vitamin B3 (niacin)	15,00 mg	94%
Vitamin B5 (pantothenic acid)	16,30 mg	272%
Biotin (B7/H)	300,00 µg	600%
Folic acid (B9)	400,00 µg	200%
Vitamin C	100,00 mg	125%
Vitamin D3	10,00 µg	200%
Vitamin E	33,60 mg	280%
Magnesium	60,00 mg	16%
Iron	5,00 mg	36%
Zinc	5,00 mg	50%
Copper	1,00 mg	100%
Manganese	2,70 mg	135%
Selenium	50,00 µg	91%
Molybdenum	100,00 µg	200%
Ginseng extract	36,00 mg	—

**Recommended intake:** Take 1 capsule daily with some liquid

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

# Vitamin C

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## General information

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

## Vitamin C contributes ...

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



# Vitamin C 1000mg time-release

60 tablets | PZN 3988443



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

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

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

## Did you know?

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

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

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

**Recommended intake:** 1 tablet daily with some liquid

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



Further information can be found at: [www.burgerstein.at](http://www.burgerstein.at)

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



# Vitamin D

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## General information

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

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

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## Functions of vitamin D3

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### Vitamin D3 ...

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

# Vitamin D3

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

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



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

Burgerstein Vitamin D3 Spray contains vitamin D3 in the form of the good usable cholecalciferol. The **tasteless spray**, on basis of coconut oil, is of course **alcohol-free** and therefore also ideally suited for children from the 13<sup>th</sup> month.

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

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

Per daily portion (1 capsule)	NRV*
Vitamin D3 (600 IE)	15 µg 300%

**Recommended intake:** take 1 capsule daily, with or after a meal, with a little liquid.

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

Per daily portion (1 capsule)	NRV*
Vitamin D3 (2000 IE)	50 µg 1000%

**Recommended intake:** 1 capsule daily with or after a meal. The recommended daily dose should not be exceeded.

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

# 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 normal fertility in men and women
- ... 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.**

### Zinc gluconate

The organism can absorb zinc from zinc gluconate almost as well as from zinc sulphate. In a pharmacokinetic study, six preparation forms of zinc gluconate and zinc sulphate were administered and the zinc levels in the blood were subsequently determined. Gastro-resistant tablets provided the worst result. The overall bioavailability of zinc gluconate is slightly better than that of zinc sulphate.<sup>3</sup>

### Zinc bisglycinate

According to current studies, zinc bisglycinate provides the best bioavailability and is therefore recommended as the preferred form in food supplements.<sup>4</sup>

3 Source:: [zink-mangel.net/zinkarten-bioverfuegbarkeit](http://zink-mangel.net/zinkarten-bioverfuegbarkeit). | 4 Quelle: Gandia P, Bour D, Maurette JM, Donazzolo Y, Duchène P, Béjot M, Houin G. A / bioavailability study comparing two oral formulations containing zinc (Znbis-glycinate vs. Zn gluconate) after a single administration to twelve healthy female volunteers. Int J Vitam Nutr Res. 2007 Jul;77(4):243-8. PubMed PMID: 18271278.

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

## For whom is Burgerstein ZinkVital particularly suitable?

- **For all people as a daily food supplement**  
 During the cold season for the immune system  
 Zinc contributes to the normal function of the immune system
- **For the skin**  
 Zinc contributes to the maintenance of skin, hair, nails
- **For the man**  
 Zinc contributes to normal fertility and reproduction
- **For athletes**  
 Due to the loss of zinc through sweat, athletes may have an increased need

## What is included?

Burgerstein ZinkVital 15 mg	1 tablet	Daily portion
Zinc (zinc bisglycinate)	15 mg	150 % NRV*

**Recommended intake 15 mg:** Take one tablet daily with some liquid

Burgerstein ZinkVital 30 mg	½ tablet	Daily portion
Zinc (zinc gluconate)	15 mg	150 % NRV*

**Recommended intake 30 mg:** Take half a tablet daily with some liquid

**Free from (15 mg + 30 mg):** granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin, gelatine



# Zink-C

tin 30 toffees | PZN 5571598 (as of June 22)

tin 60 toffees | PZN 5348452

package 25 toffees | PZN 3052606 (product discontinous)

**Toffees with zinc, vitamin C & natural orange flavour. To suck or chew.**

Burgerstein Zinc-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.

**The all-rounder: VITAMIN-C**

Vitamin C supports a wide range of applications - including allergies, arteriosclerosis, asthma, increased resistance to infections, gout, osteoporosis, increased consumption of vitamin C by smokers, memory & moods.<sup>3</sup>

**For whom is Burgerstein Zinc-C particularly suitable?**

- People with a lot of contact with others (e.g. teachers and students, salespeople, civil servants, etc.)
- Older persons to support the immune system
- For all persons during the cold season - to support the immune system
- Children from 4 years

Per daily portion (1 toffee)		NRV*
Carbohydrates	3,5 g	—
thereof sugar	3,5 g	—
Vitamin C	80 mg	100 %
Zinc	10 mg	100 %

**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, fructose, lactose, gluten, yeast, peanut oil, soy protein/lecithin





# Product- & information-brochures

Further information at: [www.burgerstein.at](http://www.burgerstein.at)

**Your ONLINE download option of all brochures can be found at:**  
[www.burgerstein.at](http://www.burgerstein.at)

**Easy order at:**  
[service@burgerstein.at](mailto:service@burgerstein.at)

**Product information 01**

A5

**Amino acids**

Building blocks of life

**Burgerstein Vitamine**

**Product information 02**

A5

**Basic Products & Wellbeing**

Breathe a sigh of relief and feel good

**Burgerstein Vitamine**

**Product information 03**

A5

**Coenzyme Q<sub>10</sub>**

naturally more energy for the body

Coenzyme Q<sub>10</sub> 30 mg Capsules  
Coenzyme Q<sub>10</sub> 50 mg Lozenges  
Coenzyme Q<sub>10</sub> 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 caffeine & balm

**Burgerstein Vitamine**

**Product information 06**

A5

**Minerals/trace elements**

Essential for the metabolism

Calcium D3-Tablets  
ChromVital  
Elsen plus  
MagnesiumVital

SelenVital  
ZinkVital  
Zink & Selen

**Burgerstein Vitamine**

**Product information 07**

A5

**Multivitamins**

the allrounders

Multivitamin-Mineral CELA  
Schwangerschaft & Stillzeit  
Sport  
Tafel

**Burgerstein Vitamine**

**Product information 08**

A5

**Special combinations**

the specialists for your health

Brain PS  
CardioVital  
Elsen plus  
EysVital

FlavVital  
Hautkalls  
TensuVital  
OssuVital

**Burgerstein Vitamine**

**Product information 09**

A5

**Vitamins**

for a healthier life

B-Komplex  
B-Komplex B50  
Vitamin B12 Boost  
Vitamin C 1000mg time-release  
Vitamin C-Komplex

Vitamin D3 Spray 800 IE  
Vitamin D3 600 IE  
Vitamin D3 2000 IE  
Vitamin K2

**Burgerstein Vitamine**

**Customer information i**

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**Pregnancy & breastfeeding**

Precaution for two

Schwangerschaft & Stillzeit  
Omega 3 DHA /Ergänzt  
Reduktion Fettsäure  
Calcium D3-Tablets

**Burgerstein Vitamine**

**Produktübersicht i**

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**Mikronährstoffe – Schweizer Qualität seit 1972**

**Burgerstein Vitamine**

**Burgerstein products are available without prescription at your pharmacy.**

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**Burgerstein Vitamine**

