





# Anti-Ox-Komplex

- 

**Content**  
60 Piece / Capsules  
PZN 5404015  
RRP 44,90 €
- 

**Recommended intake**  
2 capsules / day
- 

**without**  
artificial flavorings, artificial conservation, artificial colorants, genetic engineering
- 

**free of**  
granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin

## The protection for your cells.

Burgerstein Anti-Ox Complex contains a combination of fat- and water-soluble antioxidants that help protect against oxidative stress at various cellular levels.

### Anti-Ox Complex contains:

- **Vitamins:** B1, B2, B3, B6, C and E (tocotrienols)
- **Trace elements:** Manganese, Molybdenum, Selenium and Zinc

The formulation is supplemented with astaxanthin, L-cysteine and a patented vegetable and fruit extract (Spectra®). **Spectra®** is an all-natural, scientifically proven formula of fruits, vegetables and herbs that has been shown to inhibit free radical production, optimize cellular metabolic activity and raise nitric oxide levels in the human body.

Astaxanthin is derived from the blood rain algae (microalgae) Haematococcus pluvialis.

Free radicals are mainly produced in the mitochondria, the power plants of the cell. During energy production, between 3 and 10 % of the converted oxygen is not completely converted into water there. Thus, oxygen radicals are formed, most of which are immediately intercepted by enzymes, but the rest of these free radicals enter the cell interior, where further new radicals can be formed.

## Anti-Ox-Komplex supports...

- ... the body with natural antioxidants
- ... protect the body from oxidative stress
- ... inhibit the production of free radicals
- ... the optimal level of nitric oxide in the body

## What aspects can lead to increased oxidative stress?

We speak of oxidative stress when there is an imbalance of free radicals and antioxidants - i.e. too much of free radicals. This imbalance can then cause cells to sustain damage. These include:

- Excessive alcohol consumption & smoking
- Excessive competitive sports
- Stress & Depression
- Diseases, inflammations & surgeries
- Pollutants (e.g., exhaust fumes) & environmental toxins (e.g., pesticides)
- Certain medications

## Oxidative stress - how can I recognize it?

The following symptoms may indicate oxidative stress, but these are manifold as each body reacts differently to oxidative stress. Some of them could be:

- fatigue
  - memory loss or brain dysfunction
  - muscle or joint pain
  - wrinkles and gray hair
- decreased vision
  - headaches and sensitivity to noise
  - susceptibility to infections

You can counteract this by, for example, reducing sugar, eating fewer finished processed foods, boosting the immune system (more oxidation takes place during infections), reducing stress, avoiding toxins (e.g. cigarettes) & consuming foods rich in antioxidants (kale, berries, nuts, ginger, etc.).



Nutritional values	Per daily portion (2 capsules)	NRV*
Vitamin B1 (thiamine)	2,20 mg	200%
Vitamin B2 (riboflavin)	2,80 mg	200%
Vitamin B6 (pyridoxine)	2,80 mg	200%
Niacin (B3)	32,00 mg	200%
Vitamin C	160,00 mg	200%
Vitamin E	19,20 mg	160%
Manganese	1,80 mg	90%
Molybdenum	40,00 µg	80%
Selenium	55,00 µg	100%
Zinc	10,00 mg	100%
L-cysteine	200,00 mg	-
Astaxanthin	4,00 mg	-
Vegetable and fruit extract (Spectra®)	100,00 mg	-

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

**Ingredients:** Bulking agent (canola oil), edible gelatin, L-cysteine hydrochloride, humectant (glycerin), calcium ascorbate, vegetable and fruit extract, astaxanthin containing microalgae extract from Haematococcus pluvialis in olive oil, zinc gluconate, beeswax, D-alpha tocopherol from D-alpha tocopherol and from mixed tocopherols and tocotrienols (rice), nicotinamide, emulsifier (lecithin from canola), manganese gluconate, colorants (iron oxides), pyridoxine hydrochloride, thiamine nitrate, riboflavin, sodium selenate, sodium molybdate.

**Additional information:** Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.

**Important information:** Do not consume on the same day with other astaxanthin ester-containing supplements.