

BIOGENA SPORTS Package



Get off to a flying start with effective training companions

Complement your training experience with the BIOGENA SPORTS Package, which combines our popular BIOGENA SPORTS products Essentials, Magnesium Sport and Vitamin D3 & K2 liquid in one bundle. A must-have to support your fitness goals.

BIOGENA SPORTS Essentials

BIOGENA SPORTS Essentials is the basic supply for athletically active people in every performance phase, whether training or competition time. The formula with 20 selected micronutrients provides the optimum combination of high-quality vitamins, minerals and trace elements for energy, focus and muscle strength.

BIOGENA SPORTS Magnesium Sport

Magnesium fulfills many functions that are of great importance in sport: it contributes to normal muscle function, plays a role in reducing tiredness and fatigue, electrolyte balance and normal energy metabolism. vitamin B6 also supports normal protein and glycogen metabolism and contributes to the formation of red blood cells - an athletic dream team.

BIOGENA SPORTS D3 & K2 liquid

BIOGENA SPORTS D3 & K2 liquid supports the immune system, muscles and bones and provides 2000 I.U. vitamin D3 and 25µg vitamin K2 in a daily dose of one drop. Vitamin K is available in the most effective variant as menaquinone-7 in the form of the branded raw material K2VITAL®. High-quality MCT carrier oil made from coconut ensures optimum bioavailability of the two fat-soluble vitamins. The integrated pipette enables easy dosing.

BIOGENA SPORTS Package

- Combination of supplements to support athletic performance at a discounted set price
- BIOGENA SPORTS Essentials: optimal combination of high-quality vitamins, minerals and trace elements for energy, focus and muscle strength
- BIOGENA SPORTS Magnesium Sport: magnesium from 7 compounds & activated vitamin B6
- BIOGENA SPORTS D3 & K2 liquid: vitamin D3 and vitamin K2 MK-7 to support the immune system, muscles and bones
- Cologne List® products

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Possible uses:

- For daily supplementation during sport
- For targeted support of the immune system
- To maintain normal bones
- For the targeted supply of the fat-soluble vitamins D and K when there is an increased requirement
- Vitamin D and vitamin K support the maintenance of normal bones.
- Vitamin C, D, selenium and zinc support the normal function of the immune system and help to protect the cells from oxidative stress. The daily intake of at least 200 mg vitamin C in addition to the recommended daily dose is important for athletes: it supports the normal function of the immune system during and after intensive physical activity.
- The B vitamins niacin, biotin, pantothenic acid, B1, B2, B6 and B12 as well as magnesium, iodine and iron support normal energy metabolism.
- Iron, iodine and zinc contribute to normal cognitive function, pantothenic acid to normal mental performance.
- Vitamin D and magnesium are important for normal muscle function.

INGREDIENTS per daily dose (BIOGENA SPORTS Vitamin D3 & K2 liquid)	1 drop	% NRV*
Vitamin D3	50 µg	1000
Vitamin K2 (K2VITAL®)	25 µg	33

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.


INGREDIENTS

MCT oil (from coconut), Vitamin K2 (menaquinone), cholecalciferol, antioxidants: tocopherol-rich extract.

INGREDIENTS per daily dose (BIOGENA SPORTS Essentials)	2 capsules	% NRV*
Vitamin C	240 mg	300
Niacin (mg NE)	56 mg	350
Vitamin E (mg alpha-TE)	24 mg	200
Pantothenic acid	21 mg	350
Vitamin B6 total	4.9 mg	350
Riboflavin (vitamin B2) total	4.9 mg	350
Thiamine (vitamin B1)	3.85 mg	350
Folic acid (Quatrefolic®) (activated)	300 µg	150
Biotin	175 µg	350
Vitamin D3	50 µg	1000
Vitamin B12	8.75 µg	350
DreiSalz Magnesium® Blend	690 mg	-
Iron	7 mg	50
Zinc	5 mg	50
Boron	1 mg	-
Iodine	150 µg	100
Chromium	50 µg	125
Selenium	27.5 µg	50
Taurine	300 µg	-
Ubiquinol (KANEKA UBIQUINOL™)	40 mg	-

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INGREDIENTS

DreiSalz Magnesium® Blend (magnesium carbonate, magnesium bisglycinate, magnesium malate), calcium-L-ascorbate/L-threonate, taurine, hydroxypropyl methyl cellulose (capsule shell), ubiquinol (contains **soybean**), nicotinamide, D-alpha tocopheryl acetate, ferrous bisglycinate, calcium-D-pantothenate, Cholecalciferol (from algae), potassium iodide, zinc bisglycinate, bulking agent: powdered cellulose, sodium selenite, boric acid, thiamine mononitrate, pyridoxine hydrochloride, pyridoxal 5'-phosphate, riboflavin, riboflavin, 5MTHF-glucosamine, hydroxocobalamin, chromium picolinate, D-biotin.

INGREDIENTS per daily dose (BIOGENA SPORTS Magnesium Sport)	2 capsules	% NRV*
Magnesium	300 mg	80
Vitamin B6	2.8 mg	200

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Magnesium blend (magnesium taurate, magnesium hydroxide, magnesium bisglycinate, magnesium malate, magnesium succinate, magnesium glycerophosphate, magnesium oxide), hydroxypropyl methyl cellulose (capsule shell), pyridoxal 5'-phosphate.

RECOMMENDED DOSAGE

D3 & K2 liquid: Take 1 drop daily with a meal. Essentials: Consume 2 x 1 capsule daily with plenty of liquid at mealtimes. Magnesium Sport: 2 x 1 capsule daily taken outside mealtimes with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

D3 & K2 liquid: Not suitable for children under 11 years of age. Patients taking anticoagulants should consult their doctor before taking vitamin K supplements.

Magnesium Sport: Magnesium supplements can have a laxative effect.

PACKAGE SIZE AND CONTENT

D3 & K2 liquid: 22.5 ml (775 drops)

Magnesium Sport: 108 g (120 capsules)

Essentials: 108 g (120 capsules)

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. K2VITAL® is a trademark of Balchem Corporation or its subsidiaries. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Quatrefolic® is a registered trademark of Gnosis S.p.A. KANEKA UBIQUINOL™ is a registered trademark of KANEKA Corp. Subject to print or typographical errors. Version: 12.12.2024



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