



Antistress Formula®

Stress – a sophisticated adaptive reaction of the body

Stress is a normal reaction of the body to new and unfamiliar situations. Sophisticated mechanisms enable people to react optimally in challenging moments. The body provides energy to respond appropriately to the situation. The stress response is important and an essential part of life. If there is constant exposure to physical and mental stress, it becomes more difficult to respond to the stress triggers. Therefore, it is important to counteract persistent stress by relieving, resting or relaxing. A person's ability to cope with and manage stress is called resilience. Nutrition can also support the body in stressful times in order to maintain performance.

Antistress Formula®

Ginseng root extract, magnesium and B vitamins – that is the natural antistress formula. The mineral magnesium and the vitamins of the B complex are key components for the functioning of the nervous system.

Physiological importance of some incorporated vital substances:

- Magnesium contributes to a normal function of the nervous system and to normal mental function
- The B vitamins thiamine (B1), riboflavin (B2), niacin, vitamin B6, biotin and vitamin B12 are important for normal functioning of the nervous system.
- Magnesium, riboflavin, pantothenic acid, niacin, vitamin B6 and B12 play a role in normal energy metabolism and help reduce tiredness and fatigue.
- Pantothenic acid contributes to normal mental performance
- Folic acid and vitamin B6 support normal mental functions and the immune system
- Ginseng supports the physical and mental performance

Possible applications:

- For supporting the nerve metabolism and promoting concentration in times of stress
- For general well-being and performance in times of increased physical and mental stress

Bioavailable micronutrients in a pure form

- Produced according to the pure substance principle
- No colouring agents or artificial flavourings
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan

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BIOGENA
WELCOME TO YOURSELF

- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
Ginseng extract	150 mg	-
<i>thereof ginsenosides</i>	15 mg	-
Magnesium	90 mg	24
Niacin (mg NE)	54 mg	338
Pantothenic acid	18 mg	300
Vitamin B6	6 mg	429
Riboflavin (vitamin B2)	4.8 mg	343
Thiamine (vitamin B1)	4.2 mg	382
Folic acid	600 µg	300
Biotin	450 µg	900
Vitamin B12	3 µg	120

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

INGREDIENTS

Ginseng extract, hydroxypropyl methyl cellulose (capsule shell), magnesium citrate, magnesium oxide, bulking agent: powdered cellulose, nicotinamide, magnesium gluconate, magnesium carbonate, calcium-D-pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, folic acid, D-biotin, hydroxocobalamin.

RECOMMENDED DOSAGE

1 capsule daily taken before a meal with plenty of liquid.

NOTE

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

PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 41 g

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. Not suitable for children under 15 years. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 06.12.2024



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