

BIOGENA SPORTS

Mito Energy Spray



When time is of the essence and performance counts: the Mito Energy Mouth Spray combines scientific precision with modern technology - developed together with TINY Technologies and equipped with the innovative TINYsphere® technology. This enables particularly high bioavailability of the micronutrients it contains - for targeted and rapid absorption.

With bioactive B vitamins, coenzyme Q10 in reduced form (ubiquinol) and iodine, the spray provides important nutrients that support your body during active phases. Riboflavin (vitamin B2), niacin (vitamin B3), vitamin B6, pantothenic acid (vitamin B9) & vitamin B12 contribute to normal energy metabolism and to the reduction of tiredness and fatigue*. Riboflavin supports the protection of cells from oxidative stress**, while iodine plays a role in normal cognitive function and thyroid function***.

Completely alcohol-free, vegan, gluten-free and lactose-free - perfect for on the go, before a workout or in stressful everyday life: 8 sprays are enough to provide your body with valuable micronutrients.

Perfect for everyday life, training or competition:

*Riboflavin (vitamin B2), niacin (vitamin B3), vitamin B6, pantothenic acid (vitamin B9) & vitamin B12 contribute to normal energy metabolism and the reduction of tiredness. Iodine supports normal energy metabolism.

**Riboflavin contributes to the protection of cells from oxidative stress

***Iodine contributes to normal cognitive function and to the normal function of the thyroid gland

INGREDIENTS per daily dose	8 sprays	% NRV*
Niacin (mg NE)	3.8 mg	24
Thiamine (vitamin B1)	0.9 mg	82
Riboflavin (vitamin B2)	0.6 mg	43
Vitamin B6	0.3 mg	21
Folic acid (Quatrefolic®)	160 µg	80
Vitamin B12	160 µg	6400
Iodine	180 µg	120
Ubiquinol (activated coenzyme Q10)	30 mg	-

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

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS

Water, humectant: glycerol, emulsifier: lecithin (from **soy**), sunflower oil, ubiquinol, natural orange flavour, nicotinamide, potassium iodide, antioxidants: tocopherol-rich extract, thiamine hydrochloride, sodium riboflavin 5'-phosphate, pyridoxal 5'-phosphate, 5MTHF-glucosamine, methylcobalamin, 5'-deoxyadenosylcobalamin, hydroxocobalamin.

RECOMMENDED DOSAGE

Spray 8 pumps into the mouth daily.

NOTE

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

IMPORTANT NOTICE

Not suitable for pregnant women and children.

PACKAGE SIZE AND CONTENT

30 ml (250 sprays)

Food supplement: The stated recommended daily intake must not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store unopened at 5 - 25 °C, dry and protected from light. Keep out of the reach of children. Consume within 6 months after opening. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Quatrefolic® is a registered trademark of Gnosis S.p.A. Subject to print or typographical errors. Version: 06.11.2025.



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