

BIOGENA SPORTS - Performance



BIOGENA SPORTS Performance - developed for top performance

Especially for and in close cooperation with Marcel Hirscher, the BIOGENA science team has developed BIOGENA SPORTS PERFORMANCE by Marcel Hirscher, an innovative nutrient formula for dissolving and drinking. The fruity, tasty combination offers a comprehensive package of 34 scientifically selected ingredients and has been specially tailored to the needs of top athletes. With its straightforward power, BIOGENA SPORTS Performance is the perfect companion for all athletes who are looking for a suitable supplement for their training and competition goals.

BIOGENA SPORTS Performance: Made for you!

- **For your speed:** Taking 3 g of creatine daily increases physical performance during speed training as part of short-term, intensive physical activity.
- **For your muscles:** Potassium, calcium and magnesium play a role in normal muscle function. Proteins support the development and maintenance of muscle mass. The branched-chain amino acids (BCAA) L-leucine, L-valine and L-isoleucine are protein building blocks and are mainly found in the skeletal and heart muscles.
- **For your energy metabolism:** folic acid, riboflavin, vitamin B12 and iron help to reduce tiredness and fatigue. Thiamine, manganese and magnesium in turn support normal energy metabolism. Chromium contributes to the regular metabolism of macronutrients (proteins, carbohydrates, fats) and to the maintenance of normal blood sugar levels.
- **For your oxygen supply:** Iron contributes to normal oxygen transport in the body, copper contributes to iron transport in the body, while vitamin B12 contributes to the normal formation of red blood cells.
- **For your focus:** Pantothenic acid plays a role in normal mental performance. Biotin, niacin, thiamine and vitamin B6 contribute to normal mental function - no matter how intense your training is.
- **For your immune system:** Vitamin C, D and zinc support the normal function of the immune system. Selenium and vitamin E help to protect cells from oxidative stress.
- **For your electrolyte balance and hydration:** Magnesium supports electrolyte balance - an important factor, especially during prolonged training. Some sodium in the form of salt has been added to the formula to compensate for losses through sweat. The product has been specially developed as a drinking powder to increase the amount athletes drink.

Other special ingredients for your performance

- **PEAK ATP®:** PEAK ATP® is a clinically validated and patented form of adenosine-5'-triphosphate (ATP) disodium, which is identical in structure to the ATP produced and used by the human body. ATP is found in every cell of the body and is a molecule that serves as a universal energy carrier.
- **Ashwagandha:** Ashwagandha is a herbal adaptogen that contributes to mental and physical well-being in stressful situations.

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- **L-carnitine:** L-carnitine is an endogenous component that is produced in the body from the amino acids lysine and methionine and is particularly high in tissues with high fatty acid metabolism, such as skeletal and cardiac muscles.
- **Ubiquinol (Kaneka Ubiquinol™):** In the body, over 95% percent of the micronutrient coenzyme Q10 is present as active ubiquinol. It is found in every cell, including the mitochondria, especially in tissues and organs with high energy requirements such as the heart, liver, kidneys and muscles.

BIOGENA SPORTS Performance - Power in a nutshell

- Innovative performance formula - developed for top performance
- With 34 scientifically selected ingredients to help you reach your true potential
- Rounded off with refined special ingredients - the body's own energy source ATP (as PEAK ATP®), the herbal adaptogen ashwagandha as well as L-carnitine and bioidentical ubiquinol (Kaneka Ubiquinol™)
- Fruity in taste and pre-portioned in practical sachets - for daily intake at home or on the go
- Product of the Cologne List®

Possible uses

- As a nutritional-physiological answer to the special needs of ambitious amateur athletes and top athletes - regardless of the training and competition phase
- For the targeted intake of 34 scientifically selected micronutrients - ideal for performance-oriented athletes
- To support energy, focus, speed and muscle function

Bioavailable micronutrients in pure form

- With natural flavors
- Lactose free
- Gluten-free
- 100 % vegan
- Tested quality

INGREDIENTS per daily dose	1 sticks	% NRV*
Creatine monohydrate	3000 mg	-
L-carnitine	750 mg	-
Adenosine 5'-triphosphate disodium salt (PEAK ATP®)	400 mg	-
Ubiquinol (KANEKA UBIQUINOL™)	60 mg	-
Ashwagandha extract	250 mg	-
<i>containing: withanolides</i>	25 mg	-
L-leucine	2000 mg	-
L-valine	1000 mg	-
L-isoleucine	1000 mg	-
Vitamin C	80 mg	100
Niacin (mg NE)	48 mg	300
Pantothenic acid	18 mg	300
Vitamin E (mg alpha-TE)	15 mg	125
Riboflavin (vitamin B2)	4.2 mg	300
Vitamin B6	4.2 mg	300
Thiamine (vitamin B1)	3.3 mg	300

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Vitamin A (µg RE)	600 µg	75
Folic acid (Quatrefolic®)	300 µg	150
Biotin	150 µg	300
Vitamin D3	50 µg	1000
Vitamin K2 (K2VITAL®)	20 µg	27
Vitamin B12	7.5 µg	300
Potassium	1000 mg	50
Magnesium	150 mg	40
Calcium	130 mg	16
Silicium	12 mg	-
Iron (Ferrochel™)	7.5 mg	54
Zinc	5 mg	50
Manganese	2 mg	100
Boron	0.5 mg	-
Copper	0.15 mg	15
Selenium	27.5 µg	50
Molybdenum	25 µg	50
Chromium	20 µg	50

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

INGREDIENTS

Creatine monohydrate, potassium citrate, L-leucine, magnesium citrate, L-carnitine tartrate, L-valine, L-isoleucine, adenosine 5'-triphosphate disodium salt (ATP), calcium carbonate, Ashwagandha extract, ubiquinol (contains **soybean**), calcium-L-ascorbate, nicotinamide, ferrous bisglycinate, bamboo extract (contains silicon), D-alpha tocopheryl acetate, cholecalciferol, calcium-D-pantothenate, manganese gluconate, zinc bisglycinate, Menachinon, retinyl acetate, sodium molybdate, sodium selenite, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, boric acid, 5MTHF-glucosamine, copper bisglycinate, hydroxocobalamin, chromium picolinate, D-biotin.

NUTRITIONAL VALUE TABLE:	per 100 g	pro Portion (18 g)	% RI*
Energy	579 kJ / 138 kcal	107 kJ / 26 kcal	1 %
Total fat	0 g	0 g	0%
of which saturates	0 g	0 g	0%
Carbohydrate	14 g	2.6 g	1%
of which sugar	0.6 g	<0.5 g	0%
protein	15 g	2.8 g	6%
salt	2.2 g	0.4 g	7%

RECOMMENDED DOSAGE

Dissolve the contents of one sachet daily in 250-300 ml of cold water and drink immediately.

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NOTE

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

IMPORTANT NOTICE

The product is designed for adults. Not suitable for pregnant or breastfeeding women.

PACKAGE SIZE AND CONTENT

Content: 540 g (30 sachets of 18 g)

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 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. KANEKA UBIQUINOL™ is a registered trademark of KANEKA Corp. Quatrefolic® is a registered trademark of Gnosis S.p.A. K2VITAL® is a trademark of Balchem Corporation or its subsidiaries. Ferrochel™ is a trademark of Balchem Corporation or its subsidiaries. PEAK ATP® is a registered trademark of TSI Group Co., Ltd. Subject to print or typographical errors. Version: 04.12.2024



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