

# BIOGENA ONE Starter Bundle



BIOGENA ONE is your **daily all-in-ONE supplement drink** for a comprehensive supply of micronutrients. 99 carefully selected ingredients combine vitamins, minerals, plant substances, amino acids, carotenoids, algae, medicinal mushrooms, and lactobacillus and bifidobacteria cultures—precisely tailored to **your wellbeing routine**.

The balanced combination helps you master your everyday life with **energy, focus, a healthy immune system**, and a **good body feeling**.

High-quality antioxidants help protect your cells from oxidative stress and support **healthy aging (longevity)**.\*

Supplemented with activated coenzyme Q10 and selected plant substances, BIOGENA ONE stands for scientific precision, tested quality, and a premium daily supply.

\*Vitamins C, thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B6, and vitamin B12, as well as the minerals calcium, magnesium, copper, manganese, and iron, contribute to normal energy metabolism.

\*Biotin, zinc, and chromium contribute to normal macronutrient metabolism. Zinc contributes to normal carbohydrate and fatty acid metabolism.

\*Vitamin B6 contributes to normal protein and glycogen metabolism.

\*The vitamins riboflavin, niacin, pantothenic acid, vitamin B6, folate, and vitamin B12, as well as the minerals magnesium and iron, contribute to the reduction of tiredness and fatigue.

\*Vitamin A and riboflavin contribute to normal iron metabolism.

\*Mental health: The vitamins thiamine, niacin, vitamin B6, biotin, folate, vitamin B12, and vitamin C, as well as the mineral magnesium, contribute to normal mental function.

\*Focus: Zinc and iron contribute to normal cognitive function. Pantothenic acid contributes to normal mental performance.

\*Nervous system: Thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), vitamins B6 and B12, biotin, magnesium, and copper contribute to normal nervous system function. Calcium contributes to normal signal transmission between nerve cells.

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\*Cognition & psyche: Iron and zinc contribute to normal cognitive function. Pantothenic acid contributes to normal mental performance. Thiamine, niacin, B6, biotin, folate, B12, vitamin C, and magnesium contribute to normal psychological function.

\*Intestinal mucosa: Biotin, niacin, riboflavin, and vitamin A contribute to the maintenance of normal mucous membranes. The largest mucous membrane in the human body is the intestinal mucosa.

\*Digestive enzymes: Calcium supports the normal function of digestive enzymes.

\*Vitamins A, C, D, B6, B12, and folate, as well as the minerals zinc, copper, selenium, and iron, contribute to normal immune system function.

\*Cell protection & oxidative stress: Vitamins C, E and riboflavin, as well as the minerals zinc, copper, manganese and selenium, help protect cells from oxidative stress.

\*Cell division: Folate, vitamins B12 and D, magnesium, zinc, and iron play a role in cell division. Calcium plays a role in cell division and cell specialization.

\*Vision/eyes: Vitamins A, riboflavin, and zinc help maintain normal vision. Zinc contributes to normal vitamin A metabolism.

\*Bone health: Magnesium, vitamin D, and calcium contribute to the maintenance of normal/healthy bones. Vitamin C contributes to normal collagen formation for the normal function of bones and cartilage.

\*Stable bones: Vitamin D, calcium, magnesium, zinc, and manganese contribute to the maintenance of normal bones. Vitamin C contributes to normal collagen formation for the normal function of bones and cartilage.

\*Muscle function: Calcium, magnesium, and potassium contribute to normal muscle function.

\*Connective tissue: Manganese contributes to normal connective tissue formation. Copper contributes to the maintenance of normal connective tissue.

\*Healthy aging: Vitamins C, E, and riboflavin help protect cells from oxidative stress. Vitamin D, calcium, and magnesium support the maintenance of normal bones. Vitamin A contributes to the maintenance of normal vision. Chromium supports the maintenance of normal blood sugar levels.

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## Bioavailable micronutrients in pure form

- Based on the pure substance principle
- With natural flavors
- Lactose-free
- Gluten-free
- 100% vegan
- Tested quality

INGREDIENTS per daily dose	1 units	% NRV*
Beta-carotene	3.6 mg	-
<i>containing: vitamin A (µg RE)</i>	<i>600 µg</i>	<i>75</i>
Vitamin D3	50 µg	1000
Vitamin E (mg alpha-TE)	15 mg	125
Vitamin K2 (menaquinone-7)	25 µg	33
Vitamin C	320 mg	400
Thiamine (vitamin B1)	3.3 mg	300
Riboflavin (vitamin B2)	4.2 mg	300
Niacin (mg NE)	48 mg	300
Vitamin B6	4.2 mg	300
Folic acid (as 5MTHF-glucosamine)	300 µg	150
Vitamin B12	7.5 µg	300
Biotin	150 µg	300
Pantothenic acid	18 mg	300
Potassium	300 mg	15
Calcium	120 mg	15
Magnesium	80 mg	21
Zinc	5 mg	50
Iron (from curry leaf extract)	2.1 mg	15
Copper	0.25 mg	25
Manganese	2 mg	100
Selenium	27.5 µg	50
Chromium	20 µg	50
Molybdenum	25 µg	50
Silicium	10 mg	-
Boron	0.5 mg	-
L-glutamine	250 mg	-
Glycine	250 mg	-
L-lysine	50 mg	-
Polyphenols (total)	46 mg	-
Glucoraphanin (glucosinolate)	2 mg	-
Astaxanthin (ASTAFIT®)	0.5 mg	-
Zeaxanthin (OmniXan RR-Zeaxanthin)	0.5 mg	-
Lutein (Lyc-O-Lutein™)	0.5 mg	-
Lycopene	0.5 mg	-

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Chlorella vulgaris	200 mg	-
Reishi powder	50 mg	-
Cordyceps powder	20 mg	-
Oligo- and polysaccharides	1.6	-
<i>thereof Inulin</i>	250 mg	
<i>thereof Acacia fiber (Fibregum™)</i>	180 mg	-
Lactobacilli and bifidobacteria powder*** (NORDBIOTIC™)	150	-
Taurine	100 mg	-
Ubiquinol (KANEKA UBIQUINOL™)	40 mg	-
Beta-glucans (Yestimun®)	20 mg	-
Gentian extract	10 mg	-
Quercetin	10 mg	-
trans-resveratrol	5 mg	-

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

## INGREDIENTS

Fruit powder blend [apple fruit powder (9.4%), cucumber fruit powder, kiwi fruit powder (2.3%), açai powder, papaya powder], monk fruit extract, potassium citrate, natural flavourings, natural apple flavour with other natural flavours, calcium citrate, acid: citric acid, magnesium bisglycinate, calcium-L-ascorbate, magnesium citrate, inulin from the chicory root, Moringa leaf powder, glycine, L-glutamine, barley grass powder, wheatgrass powder, carrot powder, Spirulina platensis (contains **sulphites**), Chlorella vulgaris powder (contains **sulphites**), acacia fibre, lactobacilli and bifidobacteria powder\*\*\*, baobab fruit pulp, spinach powder, broccoli powder, **celery** powder, kale powder, taurine, ubiquinol, L-lysine hydrochloride, curry leaf extract, camu camu extract (camu camu fruit extract, L-ascorbic acid), matcha powder, reishi powder (contains **sulphites**), nicotinamide, amla extract, bamboo extract (contains silicon), D-alpha-tocopherol, yeast (*Saccharomyces cerevisiae*) beta-glucans, cholecalciferol, broccoli extract, blueberry extract, blackcurrant extract, artichoke juice powder, bitter melon extract, ginseng root extract, ginkgo leaf powder, maca extract, hops extract, aloe vera gel extract, pumpkin seed extract, stinging nettle extract, cordyceps powder (contains **sulphites**), astaxanthin-rich oleoresin from *Haematococcus pluvialis* algae, calcium-D-pantothenate, manganese gluconate, zinc bisglycinate, beta-carotene, vitamin K2 (menaquinone-7), quercetin, gentian root extract, pomegranate extract, grape seed extract (*Vitis vinifera*), grape extract (contains **sulphur dioxide**), olive leaf extract, citrus bioflavonoids, ginger root extract, dandelion extract, green mint powder, rosemary extract, thyme extract, oregano extract, sage leaf extract, lavender extract, eucalyptus leaf extract, fennel extract, zeaxanthin, lycopene, sodium molybdate, sodium selenite, pyridoxine hydrochloride, trans-resveratrol, riboflavin, thiamine mononitrate, boric acid, lutein, saffron extract, copper bisglycinate, 5MTHF-glucosamine, hydroxocobalamin, chromium picolinate, D-biotin.

## RECOMMENDED DOSAGE

Dissolve the contents of one stick pack a day in a bottle with 250 to 300 ml of cold water while shaking, and then drink.

## NOTE

Food supplements according to EU Directive 2002/46/EC

## IMPORTANT NOTICE

This product should not be consumed by infants, children, and adolescents under the age of 14, nor should it be consumed on the same day as other dietary supplements containing astaxanthin esters. Products containing trans-resveratrol should only be consumed under medical supervision when taking medication. Patients taking anticoagulants should consult their doctor before taking vitamin K supplements.

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## ADDITIONAL NOTE

\*% of the reference amount according to EU Regulation 1169/2011.

\*\*With a total of 5 billion CFU (colony-forming units) per sachet (at the time of manufacture) of the NORDBIOTIC™ strains *Lactobacillus rhamnosus*, *Bifidobacterium animalis ssp. lactis*, *Bifidobacterium breve*, *Lactobacillus paracasei*, *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus plantarum*, *Streptococcus thermophilus*, *Bifidobacterium longum*, *Bifidobacterium bifidum*.

## PACKAGE SIZE AND CONTENT

Biogena ONE: 30 sticks (30 daily servings of 12.8 g each), 384 g

Signature Water Bottle (0.4 liters): Bottle: Tritan, lid: polypropylene, stainless steel; seal: silicone. Suitable for food contact. Dishwasher safe.

Dietary supplement: Do not exceed the recommended daily intake. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store at room temperature, in a dry place away from light. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided does not constitute medical advice or an invitation to self-medicate. ASTAFIT® is a trademark of BDI-BioLife Science GmbH. Fibregum™ is a trademark of Nexira. www.nexira.com KANEKA UBIQUINOL™ is a registered trademark of KANEKA Corp. K2VITAL® is a trademark of Balchem Corporation or its subsidiaries. Lyc-O-Lutein™ is a trademark of Lycored Ltd. Omnixan is a trademark of OmniActive Health Technologies Ltd. Quatrefolic® is a registered trademark of Gnosis S.p.A. Subject to printing and typesetting errors.



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