

# Mineralstoff Formula



## The comprehensive trace element and mineral supply - new with improved formula!

Mineralstoff Formula, a classic in the Biogena product range, is now available with a revised formula: As before, 10 important minerals and trace elements are contained. The new formula now contains the two trace elements chromium and zinc as picolinates, which are characterized by good bioavailability as organic compounds. Furthermore, the dosage of some minerals was adjusted to optimize the balanced mineral and trace element complex. Magnesium is used as a Viersalz® complex, which offers a particularly broad solubility spectrum with four different magnesium salts. Another bonus: The Mineralstoff Formula is now vegan.

Minerals and trace elements are essential for human life. They are building blocks for bones, teeth, hair and nails and form the basis for the fluid balance, nerve excitation and hormonal processes. In particular with increased need, as it can occur particularly in the growth, in pregnancy and quiet time or with achievement sportsmen, an attention should be put on the mineral material household. In these special phases the targeted supply of minerals can help to keep the mineral balance in balance. Biogena Mineralstoff Formula contains a spectrum of essential minerals and trace elements and is therefore an all-round balanced basic complex for use in all situations.

## Mineralstoff Formula

- Calcium and magnesium contribute to the maintenance of normal bones, teeth and muscle functions.
- Calcium contributes to normal signal transduction between nerve cells
- Iron contributes to normal oxygen transport in the body and, together with copper and manganese, supports normal energy metabolism.
- Zinc and selenium act in the antioxidant network, protecting cells from oxidative damage and maintaining normal immune functions, hair and nails.
- Copper supports normal iron transport in the body
- Molybdenum contributes to normal metabolism of sulphurous amino acids
- Iodine supports the normal formation of thyroid hormones.
- Chromium helps maintain normal blood sugar levels.

## Possible applications:

- To improve the daily intake of minerals and trace elements
- For a higher mineral intake, e.g. during growth, pregnancy and lactation or competitive sports.
- To maintain a normal immune system
- To support normal muscle and nerve functions
- For a normal energy metabolism

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### Bioavailable micronutrients in a pure form

- Only active ingredients
- Free of additives
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Calcium	200 mg	25
Magnesium (Biogena Viersalz®-complex)	125 mg	33
Iron (Ferrochel™)	7 mg	50
Zinc (zinc picolinate)	10 mg	100
Manganese	2 mg	100
Copper	1 mg	100
Molybdenum	50 µg	100
Iodine	75 µg	50
Chromium (chromium picolinate)	60 µg	150
Selenium (sodium selenite)	30 µg	55

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

### INGREDIENTS

Calcium citrate, Viersalz®-Komplex (magnesium citrate, magnesium oxide, magnesium gluconate, magnesium carbonate), bulking agent: potassium citrate, hydroxypropyl methyl cellulose (capsule shell), calcium carbonate, zinc picolinate, ferrous bisglycinate, manganese gluconate, sodium molybdate, potassium iodide, sodium selenite, cupric citrate, chromium picolinate.

### RECOMMENDED DOSAGE

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

### NOTE

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

### IMPORTANT NOTICE

Not suitable under the age of 7.

### PACKAGE SIZE AND CONTENT

90 capsules (45 day supply), 82 g

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**BIOGENA**  
WELCOME TO YOURSELF

## INFORMATION

Food supplement: The recommended daily dosage should not be exceeded. No 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. Subject to print or typographical errors. Version 21.11.2019.



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