

BIOGENA Minis - Performance & Health Set



The BIOGENA bundle for energy metabolism and the immune system

The BIOGENA Performance & Health Bundle combines proven basics for energy metabolism and the immune system at a special price: Fit@work® Premium, Siebensalz® Magnesium and ImmunoMyk® in a practical trial size offer daily support for the health-conscious.

Fit@work® Premium

A "healthy mind in a healthy body" is essential for anyone who wants to perform at their best in the long term despite the many challenges they face. A balanced diet can make a decisive contribution here. All too often, however, fresh and vitamin-rich food has to make way for snacks. The combination of a strenuous working day and a suboptimal diet also drains our mental resilience in the long term. BIOGENA fit@work® Premium provides a combination of vitamins, minerals, trace elements and coenzyme Q10 in the active ubiquinol form for daily supplementation in times of increased stress. This not only supports personal performance, but also helps us to cope with everyday stress situations.

Siebensalz® Magnesium

The mineral magnesium is involved in a wide range of physiological processes and fulfills vital functions in the body. Examples include its role in muscle contraction, energy metabolism, cell division, the functioning of our nervous system and psyche, the maintenance of strong teeth and bones and the electrolyte balance in the body. BIOGENA Siebensalz® Magnesium provides seven different magnesium compounds. BIOGENA's product development team has created an ideal mixture of differently soluble and magnesium-rich compounds in the capsule to ensure a good supply of magnesium.

ImmunoMyk®

In order to ward off external influences and stay healthy, our organism has an effective protective system with efficient defense mechanisms: the immune system. A balanced diet, plenty of outdoor exercise and a balanced psyche are essential prerequisites for a resilient, healthy immune defense. However, the body often needs additional external support. Here, selected micronutrients such as vitamin C, E and zinc can help to support the body's own defenses. BIOGENA ImmunoMyk® combines mushroom extracts from reishi and shiitake with plant-based vitamin C from acerola and camu camu fruit extract as well as vitamin E and zinc. Taken in a targeted manner, the vitamin C and zinc contained in ImmunoMyk® is a nutritional measure for maintaining the body's own immune system.

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WELCOME TO YOURSELF

Performance & Health Bundle

- The nutritional basics for the energy metabolism and immune system of busy people
- Magnesium has a function in cell division, supports energy metabolism and contributes to electrolyte balance, normal muscle function and the maintenance of normal teeth and bones.
- Zinc and vitamins C and D contribute to the normal function of the immune system
- Vitamin E, zinc and selenium play a role in protecting cells from oxidative stress
- Magnesium and the vitamins thiamine (vitamin B1), niacin, biotin and B12 support the normal function of the nervous system and the psyche
- Riboflavin (vitamin B2), folic acid and pantothenic acid (vitamin B5) help to reduce tiredness and fatigue

Possible uses

- For targeted intake in times of increased physical and mental stress
- To maintain performance and personal resilience (= psychological resistance)
- To cover magnesium requirements and support the energy metabolism
- For the nutritional-physiological support of the body's own defenses

Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Lactose-free
- Vegetable capsule shell
- 100% vegan
- Tested quality

INGREDIENTS per daily dose (fit@work® Premium)	2 capsules	% NRV*
Niacin (mg NE)	48 mg	300
Pantothenic acid	18 mg	300
Vitamin B6	10 mg	714
Riboflavin (vitamin B2)	4.2 mg	300
Thiamine (vitamin B1)	3.3 mg	300
Folic acid	600 µg	300
Biotin	150 µg	300
Vitamin D3	50 µg	1000
Vitamin B12 (as methylcobalamin)	7.5 µg	300
Potassium	400 mg	20
Biogena Viersalz®-complex	433 mg	-
<i>containing: magnesium</i>	<i>130 mg</i>	<i>35</i>
Zinc (zinc picolinate)	7 mg	70
Selenium	30 mg	55
Coenzyme Q10 (KANEKA Ubiquinol™)	30 mg	-

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

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INGREDIENTS

Potassium citrate, Biogena Viersalz®-complex (magnesium citrate, magnesium oxide, magnesium gluconate, magnesium carbonate), hydroxypropyl methyl cellulose (capsule shell), ubiquinol (contains **soybean**), bulking agent: powdered cellulose, nicotinamide, zinc picolinate, cholecalciferol, calcium-D-pantothenate, pyridoxine hydrochloride, sodium selenite, thiamine mononitrate, riboflavin, methylcobalamin, folic acid, D-biotin.

INGREDIENTS per daily dose (ImmunoMyk®)	3 capsules	% NRV*
Reishi extract	240 mg	-
Shiitake extract	240 mg	-
Acerola fruit juice powder	300 mg	-
Camu-camu extract	300 mg	-
<i>contains vitamin C from acerola and camu-camu</i>	<i>110 mg</i>	<i>138</i>
Vitamin E (mg alpha-TE)	30 mg	250
Zinc	7.5 mg	75

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

INGREDIENTS

Acerola fruit juice powder, camu-camu fruit extract, hydroxypropyl methyl cellulose (capsule shell), reishi mushroom extract, shiitake mushroom extract, D-alpha tocopheryl acetate, zink gluconate.

INGREDIENTS per daily dose (Siebensalz® Magnesium)	2 capsules	% NRV*
Magnesium	280 mg	75

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

INGREDIENTS

Magnesium malate, magnesium bisglycinate, hydroxypropyl methyl cellulose (capsule shell), magnesium citrate, magnesium oxide, magnesium glycerophosphate, magnesium gluconate, magnesium carbonate.

RECOMMENDED DOSAGE

fit@work® Premium: Take 1 capsule daily at lunchtime and 1 capsule in the evening with plenty of liquid at mealtimes. ImmunoMyk®: Take 3x1 capsule daily with plenty of liquid outside of meals. Siebensalz® Magnesium: Consume 2x 1 capsule daily with plenty of liquid outside of meals.

NOTE

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

IMPORTANT NOTICE

Suitable for adults only. Do not take during pregnancy or while breastfeeding. Magnesium supplements can have a laxative effect.

ADDITIONAL NOTE

Total magnesium content: 410 mg (109% NRV*); zinc 14.5 mg (145 % NRV*)

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PACKAGE SIZE AND CONTENT

Fit@work® Premium 10g (10 capsules)

Siebensalz® Magnesium 14 g (18 capsules)

ImmunoMyk® 8 g (18 capsules)

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. Suitable for diabetics. The information provided is not intended as a cure or a recommendation for self-medication. KANEKA Ubiquinol™ is a registered trademark of Kaneka Corp. Possible printing and typesetting errors reserved. Status: 03.07.2024.



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