

BIOGENA minis - Travel & Relax Set



The BIOGENA bundle for globetrotters and frequent travelers

The BIOGENA Travel & Relax Bundle is a well thought-out concept for people who like to travel a lot, experience a lot and want to get the most out of their trips. It combines three top travel companions **in a practical travel size** in one: ThromboPhenol® 150/50, fit@work Sleep and Antistress Formula® in an attractively priced set.

ThromboPhenol® 150/50: The surface of the otherwise smooth blood platelets (thrombocytes) can change during uninterrupted sitting on long-haul flights or due to factors such as stress. This causes them to stick together more easily, which can impair blood flow. BIOGENA ThromboPhenol® 150/50 Gold contains a patented tomato concentrate (Fruitflow®) in combination with polyphenol-containing extracts from aronia berries and grapes. The water-soluble tomato concentrate WSTC II contained in Fruitflow® promotes normal platelet aggregation and contributes to healthy blood flow - useful when traveling by plane. The positive effect occurs with the intake of 150 mg Fruitflow®, the effect occurs approximately 1.5 hours after ingestion and lasts for approximately 18 hours.

fit@work® Sleep: Long-distance travel across several time zones can throw your internal clock out of sync and cause sleepless nights. BIOGENA fit@work® Sleep contains a unique blend of sleep-supporting plant extracts (HerbalCalmness® blend), magnesium and melatonin. Magnesium supports the normal functioning of the nervous system and psyche and thus contributes to relaxation when traveling. If the natural rhythm is disturbed when traveling, melatonin helps. It helps to alleviate the subjective feeling of jet lag. To this end, at least 0.5 mg of melatonin should be taken shortly before going to bed on the first day of travel and on the first few days after arriving at your destination. Consuming 1 mg of melatonin shortly before going to bed also helps to shorten the time it takes to fall asleep. - so you can enjoy your vacation from day one.

Antistress Formula®: Many people prefer to live from one vacation to the next. However, the travel bug can not only be a positive thing, but also a stress factor. A vacation is not always the same as a break. Sometimes you spend a lot of time on the road during your vacation - after all, you want to experience something. You also have to plan a lot on vacation, the arrival and departure can be stressful or you are overwhelmed by the many new impressions. BIOGENA Antistress Formula® provides ginseng root extract, magnesium and B vitamins as a natural anti-stress formula. Magnesium, vitamins B6, B12 and niacin contribute to the normal functioning of the nervous system and the psyche, and ginseng also supports mental and physical performance. - The ideal travel companion for an all-round relaxing vacation.

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BIOGENA
WELCOME TO YOURSELF

- The basics for the needs of enthusiastic globetrotters & frequent flyers

Possible applications

- To maintain the fluidity of the blood
- To alleviate the subjective feeling of jet lag
- For well-being and performance in times of increased physical and mental stress

Bioavailable micronutrients in pure form

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

INGREDIENTS per daily dose (ThromboPhenol® 150/50)	1 capsule	% NRV*
Tomato concentrate (Fruitflow®)	150 mg	-
Grape seed extract	50 mg	-
Grape extract	10 mg	-
Aronia berry extract	30 mg	-
<i>contains: Polyphenols (total)</i>	<i>50 mg</i>	-

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

INGREDIENTS

Tomato concentrate, hydroxypropyl methyl cellulose (capsule shell), grape seed extract (*Vitis vinifera*), aronia berry extract, bulking agent: powdered cellulose, grape extract.

INGREDIENTS per daily dose (Antistress Formula®)	1 capsule	% NRV*
Ginseng extract	150 mg	-
Magnesium	90 mg	24
Niacin (mg NE)	54 mg	338
Pantothenic acid	18 mg	300
Vitamin B6	6 mg	429
Riboflavin (vitamin B2)	4.8 mg	343
Thiamine (vitamin B1)	4.2 mg	382
Folic acid	600 µg	300
Biotin	450 µg	900
Vitamin B12	3 µg	120

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INGREDIENTS

Ginseng extract, hydroxypropyl methyl cellulose (capsule shell), magnesium citrate, magnesium oxide, bulking agent: powdered cellulose, nicotinamide, magnesium gluconate, magnesium carbonate, calcium-D-pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, folic acid, D-biotin, hydroxocobalamin.

INGREDIENTS per daily dose (fit@work® Sleep)	2 capsules	% NRV*
Magnesium	100 mg	27
HerbalCalmness® Blend	480 mg	-
<i>contains valerian root extract</i>	<i>200 mg</i>	<i>-</i>
<i>contains lemon balm extract</i>	<i>160 mg</i>	<i>-</i>
<i>contains hops extract</i>	<i>120 mg</i>	<i>-</i>
Melatonin	1 mg	-

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INGREDIENTS

Magnesium bisglycinate, valerian root extract, hydroxypropyl methyl cellulose (capsule shell), lemon balm extract, hops extract, melatonin.

RECOMMENDED DOSAGE

ThromboPhenol® 150/50 Gold: Take 1 capsule daily with plenty of liquid. fit@work® Sleep: Consume 2 capsules daily approx. 30 minutes before bedtime with plenty of liquid. Do not take at the same time as sleep-inducing medication or medication containing fluvoxamine or cimetidine. BIOGENA Antistress Formula®: Take 1 capsule daily before a meal with plenty of liquid.

NOTE

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

IMPORTANT NOTICE

Suitable for adults only. Do not consume during pregnancy and breastfeeding.

PACKAGE SIZE AND CONTENT

Thrombophenol® 150/50 3 g (10 capsules)

Fit@Work® Sleep 12 g (18 capsules)

Antistress Formula® 10 g (14 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 here is not a statement on healing or a recommendation to self-medicate. Fruitflow® is a trade mark used under license from Proxavis plc. Subject to print or typographical errors. Version: 10.06.2024



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