

# BIOGENA ONE Starter Bundle



## BIOGENA ONE – hello healthy lifestyle!

[Save up to 50% with a subscription](#)

Discover BIOGENA ONE – the next-generation green drink that brilliantly supports your daily nutrient intake with its 99 smart ingredients and is tailor-made for you and your personal growth. Whether you're aiming for a new nutrition routine, stay active regularly, or want to give your healthy lifestyle that extra boost – BIOGENA ONE is the perfect companion with minimal effort. Simple, smart, scientific.

BIOGENA ONE combines the power of 99 high-end ingredients, infused with the refreshing fruitiness of apple & kiwi, complemented by cucumber and the slightly stimulating flavor twist of wasabi leaf powder:

- All 13 vitamins
- 11 minerals & trace elements
- 49 selected botanicals
- 3 amino acids
- 10 strains of lactobacilli and bifidobacteria
- 4 carotenoids
- 2 medicinal mushrooms
- 2 algae
- 5 other substances (ubiquinol, trans-resveratrol, quercetin, taurine, beta-glucans)

## BIOGENA ONE IN DEEP DIVE

- With exclusive wasabi leaf powder from a Pannonian indoor farming facility—grown using 100% renewable energy, 0% pesticides, 100% flavor
- With valuable polyphenols from grapes, grape seeds, pomegranates, olive leaves, blueberries, black currants, and citrus fruits.
- With the polyphenol trans-resveratrol, which is also naturally found in red wine.
- With the polyphenol quercetin, also known as the “king of flavonoids.”
- With glucoraphanin, a glucosinolate from broccoli.
- With the carotenoids astaxanthin, zeaxanthin, lutein, and lycopene.
- With the amino acids L-glutamine, L-lysine, and glycine, as well as the amino acid derivative taurine.
- With the algae spirulina and chlorella.
- With the medicinal mushrooms reishi and cordyceps.
- With coenzyme Q10 in the immediately available, active form ubiquinol (KANEKA Ubiquinol™)

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## WHY BIOGENA ONE – SCIENTIFICALLY BASED:

### 01 MENTAL FITNESS

The vitamins thiamine, niacin, vitamin B6, biotin, folate, vitamin B12, and vitamin C, as well as the mineral magnesium, contribute to normal psychological function. Zinc supports normal cognitive function. Pantothenic acid contributes to normal mental performance.

### 02 IMMUNE SYSTEM

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

### 03 WELL-BEING

The vitamins riboflavin, niacin, pantothenic acid, vitamin B6, folate, and vitamin B12, as well as the mineral magnesium, help reduce tiredness and fatigue. Ten strains of lactobacilli and bifidobacteria naturally found in the gut promote a healthy gut feeling.

### 04 ENERGY

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

### 05 SPORT

Calcium, magnesium, and potassium contribute to normal muscle function.

### 06 HEALTHY AGING

Vitamins C, E, and riboflavin, as well as the minerals zinc, copper, manganese, and selenium, help protect cells from oxidative stress. Folate, vitamins B12 and D, magnesium, and zinc play a role in cell division. Calcium plays a role in cell division and specialization. Vitamin A and riboflavin contribute to the maintenance of normal vision. Magnesium, vitamin D, and calcium contribute to the maintenance of bones.

## Radical Quality – The Best for the Best

With BIOGENA ONE, you get more than just a drink. You'll find 99 high-end ingredients, sourced worldwide by the BIOGENA product development team and subjected to rigorous quality testing.

BIOGENA ONE is committed to radical quality—ensured by the independent German LEFO Institute, which has created a testing protocol with a seamless two-stage quality assurance system to meet BIOGENA's rigorous quality standards. This system examines every BIOGENA product batch for key active ingredients, microbiological quality, as well as heavy metals, pesticides, and other contaminants. Biogena ONE is a product of the Cologne List®.

## Bioavailable micronutrients in their purest form

- Based on the principle of pure substances
- With natural flavors
- Lactose-free
- Gluten-free
- 100% vegan
- Certified quality

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INGREDIENTS per daily dose	1 units	% NRV*
Vitamin A (µg RE)	600 µg	75
Vitamin D3	25 µg	500
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	56 mg	15
Zinc	5 mg	50
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	-
Wasabi leaf powder	50 mg	-
Polyphenols (total)	38 mg	-
Glucoraphanin (glucosinolate)	2 mg	-
Astaxanthin	0.5 mg	-
Zeaxanthin	0.5 mg	-
Lutein	0.5 mg	-
Lycopene	0.5 mg	-
Spirulina platensis	300 mg	-
Chlorella vulgaris	100 mg	-
Reishi powder	50 mg	-
Cordyceps powder	20 mg	-
Taurine	100 mg	-
Ubiquinol (KANEKA UBIQUINOL™)	30 mg	-
Beta-Glucans	20 mg	-
Quercetin	10 mg	-
trans-resveratrol	5 mg	-

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

## INGREDIENTS

Apple fruit powder, natural flavourings, potassium citrate, cucumber fruit powder (7.6 %), calcium citrate, magnesium citrate, calcium-L-ascorbate, acid: citric acid, kiwi fruit powder, Spirulina platensis (contains **sulphites**), inulin from the chicory root, Moringa leaf powder, L-glutamine, glycine, acacia fibre, barley grass powder, wheatgrass powder, carrot powder, lactobacilli and bifidobacteria powder\*\*\*, green mint powder, baobab fruit pulp, spinach powder, broccoli extract, Açai extract, **celery** powder, kale powder, Chlorella vulgaris powder (contains **sulphites**), ubiquinol (contains **soybean**), taurine, L-lysine hydrochloride, wasabi leaf powder, papaya powder, acerola fruit juice powder, matcha powder, Reishi powder, nicotinamide, amla extract, D-alpha tocopheryl acetate, bamboo extract (contains silicon), yeast (*Saccharomyces cerevisiae*) beta-glucans, broccoli extract, blueberry extract, blackcurrant extract, artichoke juice powder, bitter melon extract, ginseng root extract, ginkgo leaf powder, maca extract, aloe vera gel extract, pumpkin seed extract, stinging nettle extract, cordyceps powder (*Cordyceps sinensis*), astaxanthin-rich oleoresin from *Haematococcus pluvialis* algae, beta-carotene, calcium-D-pantothenate, zinc bisglycinate, manganese gluconate, vitamin K2 (menaquinone-7), sweetener: sucralose, quercetin, cholecalciferol, pomegranate extract, grape seed extract (*Vitis vinifera*), grape extract, olive leaf extract, citrus bioflavonoids, ginger root extract, Dandelion root extract, hops extract, rosemary extract, thyme extract, oregano extract, sage leaf extract, lavender extract, eucalyptus leaf extract, fennel extract, *Astragalus membranaceus* root extract, paprika extract (contains zeaxanthin), lycopene (from tomato), sodium molybdate, sodium selenite, pyridoxine hydrochloride, trans-resveratrol, riboflavin, thiamine mononitrate, boric acid, Marigold extract (contains 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 supplement in accordance with EU Directive 2002/46/EC

## IMPORTANT NOTICE

This product should not be consumed by infants, children, or adolescents. Products containing trans-resveratrol should be consumed under medical supervision if taken in conjunction with medications. Patients taking anticoagulants should consult their doctor before taking vitamin K supplements.

## ADDITIONAL NOTE

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

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

## PACKAGE SIZE AND CONTENT

Biogena ONE: 30 sticks (30 daily servings of 10 g each), 300 g

Signature Water Bottle (0.4 liters): Bottle: Tritan, Lid: Polypropylene, Stainless Steel; Seal: Silicone. Safe for food contact. Dishwasher safe.

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## INFORMATION

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store at room temperature in a dry place away from light. Keep away 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:

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