

fit@work® Basic



fit@work® BASIC: Your support in everyday work

Biogena fit@work® BASIC is a starter product for all working people to provide nutritional support in everyday working life. Daily work not only drains our mental and physical resources, but is also reflected in our micronutrient supply. All the more important is the regular supply of vitamins and minerals. Through the combination of selected B vitamins, 800 I.U. vitamin D as well as a number of quantity and trace elements, the well thought-out micronutrient combination offers relevant building blocks for nerves, psyche and energy in everyday working life. The formula is supplemented by a high-quality Maca extract (MacaPure™), which supports mental and physical performance. fit@work BASIC - so that you too can make an important contribution to your health and well-being in everyday working life.

fit@work® BASIC

- Combination of vitamins, minerals and trace elements, combined with Maca extract, for support in everyday working life
- Magnesium supports the energy metabolism
- Vitamin D contributes to normal functioning of the immune system
- Vitamin B12 supports normal functions of the nerves and psyche
- Vitamin B2 contributes to the reduction of fatigue and tiredness
- Maca extract contributes to mental and physical performance

Bioavailable micronutrients in a pure form

- Active ingredients only
- Free of additives
- No colouring agents, artificial flavourings or covers
- Gluten-free
- Lactose-free
- Plant-based capsule shell
- 100 % vegan
- Quality tested

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Biogena Group 

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	2 capsules	% NRV*
Riboflavin (vitamin B2)	1.4 mg	100
Vitamin B6	1.4 mg	100
Folic acid	200 µg	100
Vitamin D3	20 µg	400
<i>corresponds to I.U.</i>	<i>800</i>	-
Vitamin B12	2.5 µg	100
Potassium	300 mg	15
Magnesium	80 mg	21
Zinc (zinc picolinate)	7 mg	70
Selenium	30 µg	55
Maca extract	100 mg	-

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

INGREDIENTS

Potassium citrate, magnesium citrate, hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose, maca extract, zinc picolinate, cholecalciferol, sodium selenite, pyridoxine hydrochloride, riboflavin, methylcobalamin, folic acid.

RECOMMENDED DOSAGE

One capsule daily at lunch and one capsule in the evening taken at meal times with plenty of liquid.

NOTE

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


PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 52 g

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 25.09.2019.



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