

# BIOGENA SPORTS - Essentials



## Well supplied for full potential

When the body reaches its (performance) limits, it converts carbohydrates, fats, proteins and also micronutrients from the diet into energy. Regular training can increase the metabolic rate and therefore the need for certain nutrients. Anyone who engages in sport should therefore pay attention to their micronutrient levels - especially in competitive sport, but also in ambitious recreational sport. In addition to a varied and balanced diet, a well thought-out and high-quality dietary supplement is a useful training companion that helps to cover the increased requirements caused by physical activity.

BIOGENA SPORTS Essentials is the basic supply for athletically active people in every performance phase, regardless of whether it is training or competition time. The formula developed by the BIOGENA science team especially for athletes with 20 selected micronutrients - including taurine and ubiquinol (activated form of coenzyme Q10) - provides the optimum combination of high-quality vitamins, minerals and trace elements for more energy, focus and muscle strength.


## BIOGENA SPORTS Essentials

- For the increased needs of athletes - supporting energy, focus and muscle function
- Combination of 20 micronutrients specially developed for athletes
- With taurine and bioidentical coenzyme Q10 (Kaneka Ubiquinol™)
- Product of the Cologne List®

## Possible applications

- Basic supply for athletes in every training and performance phase
- For daily supplementation during sport
- Magnesium contributes to the reduction of tiredness and fatigue, electrolyte balance, normal energy metabolism and normal muscle function.
- Vitamin D contributes to the maintenance of normal bones and normal muscle function.
- The B vitamins niacin, biotin, pantothenic acid, vitamins B1, B2, B6 and B12 contribute to normal energy metabolism.
- Biotin, folic acid (Quatrefolic®), niacin, B1, B6 and B12 contribute to normal mental function.
- Pantothenic acid contributes to normal mental performance
- Iron contributes to normal oxygen transport and to the reduction of tiredness and fatigue.
- Vitamin C and selenium contribute to the normal function of the immune system and help protect cells from oxidative stress.
- Selenium and vitamin E contribute to the protection of cells from oxidative stress

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- Zinc contributes to the normal metabolism of macronutrients, normal protein synthesis and normal acid-base and carbohydrate metabolism.
- Chromium contributes to the normal metabolism of macronutrients.

### Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Lactose-free
- Fructose-free
- Vegan
- Vegetable capsule shell
- Tested quality

INGREDIENTS per daily dose	2 capsules	% NRV*
Vitamin C	240 mg	300
Niacin (mg NE)	56 mg	350
Vitamin E (mg alpha-TE)	24 mg	200
Pantothenic acid	21 mg	350
Vitamin B6 total	4.9 mg	350
as Pyridoxine hydrochloride	2.8 mg	200
as pyridoxal-5-phosphate (activated)	2.1 mg	150
Riboflavin (vitamin B2) total	4.9 mg	350
as Riboflavin	2.8 mg	200
as Riboflavin 5-phosphate (activated)	2.1 mg	150
Thiamine (vitamin B1)	3.85 mg	350
Folic acid (Quatrefolic®) (activated)	300 µg	150
Biotin	175 µg	350
Vitamin D3	50 µg	1000
Vitamin B12	8.75 µg	350
DreiSalz Magnesium® Blend	690 mg	-
containing: magnesium	130 mg	35
Iron	7 mg	50
Zinc	5 mg	50
Boron	1 mg	-
Iodine	150 µg	100
Chromium	50 µg	125
Selenium	27.5 µg	50
Taurine	300 mg	-
Ubiquinol (KANEKA UBIQUINOL™)	40 mg	-

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

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## INGREDIENTS

DreiSalz Magnesium® Blend (magnesium carbonate, magnesium bisglycinate, magnesium malate), calcium-L-ascorbate/L-threonate, taurine, hydroxypropyl methyl cellulose (capsule shell), ubiquinol (contains **soybean**), nicotinamide, D-alpha tocopheryl acetate, ferrous bisglycinate, calcium-D-pantothenate, Cholecalciferol (from algae), potassium iodide, zinc bisglycinate, bulking agent: powdered cellulose, sodium selenite, boric acid, thiamine mononitrate, pyridoxine hydrochloride, pyridoxal 5'-phosphate, riboflavin, sodium riboflavin 5'-phosphate, 5MTHF-glucosamine, hydroxocobalamin, chromium picolinate, D-biotin.

## RECOMMENDED DOSAGE

2 x 1 capsule daily taken at meal times with plenty of liquid.

## NOTE

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

## PACKAGE SIZE AND CONTENT

120 capsules (2 month supply), 108 g

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. Vcaps(R) Plus is a trademark of Lonza or its affiliates, registered in the USA. Quatrefolic(R) is a registered trademark of Gnosis S.p.A. KANEKA UBIQUINOL(TM) is registered trademark of KANEKA Corp. Subject to print or typographical errors. Version: 13.10.2023



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