

Sport



Content
60 Piece / Tablets
PZN 3328468
RRP 28,90 €

Recommended intake
1 tablet / day

without
artificial flavorings, artificial conservation, artificial colorants, genetic engineering

free of
sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin

Top form in all disciplines.

Burgerstein Sport is a basic multivitamin-mineral preparation specially designed for the needs and increased requirements of athletes.

From batch 2208005 (best before date 31.05.2025) Burgerstein Sport is suitable for vegetarians!

Antioxidants such as vitamins C and E, zinc and selenium help to protect the cells from oxidative stress. Various vitamins and trace elements support the immune system, energy metabolism and protein synthesis. In addition, magnesium and calcium contribute to normal muscle function. The formulation is supplemented with a berry extract.

A lot happens in the body during intense physical activity: Oxidants/free radicals accumulate in the body due to the exertion and should be eliminated. Through sweating, minerals are excreted that should be returned to the body. For this purpose, the vitamin and mineral balance is particularly challenged and should be supported.

The vitamins, minerals and trace elements contained in Burgerstein Sport are specially designed for amateur and competitive athletes. It is perfectly possible to take them over a longer period of time. A combination with creatine or L-carnitine is recommended depending on the type of sport.

Sport supports...

- **... competitive athletes**
Magnesium, calcium and vitamin D contribute to the maintenance of a normal muscle function
Vitamin C, E, selenium and zinc help to protect the cells from oxidative stress
- **... amateur athletes**
Vitamin C, E, selenium and zinc help protect cells from oxidative stress
Magnesium, calcium and vitamin D contribute to the maintenance of a normal muscle function

What nutrients do you consume during sport?

- The fluid regulators: SODIUM AND POTASSIUM
- The antioxidant squad: VITAMIN C, E, ?-CAROTENE
- The performance pushers: B-VITAMINS
- The oxygen transporter: IRON
- The control centre: MAGNESIUM
- For strong bones and muscles: CALCIUM
- The cooperation partner for enzymes: ZINC
- The fluid regulators: SODIUM AND CALCIUM

Who needs special sports nutrition?

At what level of physical activity are dietary adjustments necessary? Setting an exact limit is not easy because many factors play a role. In addition to the duration and intensity of a single exercise (training session) and the amount of exercise per week, environmental factors such as outside temperature and humidity also have an influence on the athlete's need for nutrients and fluids. Under particularly cold or warm conditions, the energy requirement increases. Nutrition recommendations should take into account the type of sport and individual needs. A nutritional adjustment towards sports nutrition should be considered for people who do goal- and performance-oriented training most days per week. Read more about this in our sports guide...



Nutritional values	Per daily portion (1 tablet)	NRV*
Beta-carotene	2,00 mg	42%
equivalent to vitamin A	333,30 µg	42%
Vitamin B1 (thiamine)	2,40 mg	218%
Vitamin B2 (riboflavin)	2,60 mg	186%
Vitamin B6 (pyridoxine)	3,00 mg	214%
Vitamin B12 (cobalamin)	12,00 µg	480%
Niacin (B3)	16,00 mg	100%
Pantothenic acid (B5)	15,00 mg	250%
Biotin (B7/H)	150,00 µg	300%
Folic acid (B9)	300,00 µg	150%
Vitamin C	180,00 mg	225%
Vitamin D3	20,00 µg	400%
Vitamin E	30,00 mg	250%
Vitamin K1	100,00 µg	133%
Calcium	200,00 mg	25%
Magnesium	100,00 mg	27%
Zinc	5,00 mg	50%
Iron	12,00 mg	86%
Manganese	1,50 mg	75%
Copper	0,80 mg	80%
Chromium	100,00 µg	250%
Molybdenum	50,00 µg	100%
Iodine	100,00 µg	67%
Selenium	55,00 µg	100%
Berry & fruit extract (BerryVinTM)	50,00 mg	-

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: Calcium carbonate, vitamin C, fillers (cellulose, cross-linked sodium carboxy- methyl cellulose), magnesium oxide, magnesium bisglycinate, anti-caking agents (mono- and diglycerides of fatty acids, silicon dioxide, magnesium salts of fatty acids), iron fumarate, coating agents (hydroxy propyl methyl cellulose, poly dextrose, titanium dioxide, talc, triglycerides), berry/fruit extract (from blueberry, blackberry, strawberry, cranberry, grape, pomegranate), zinc bisglycinate, carotene-containing seaweed extract (carotenoids, cane sugar, refined soybean oil, asparagus). Soybean oil, ascorbyl palmitate, vitamin E, silicon dioxide, edible gelatine), vitamin E, calcium pantothenate, niacinamide, vitamin B2, manganese bisglycinate, sodium selenate, sodium molybdate, vitamin B6, vitamin D3, vitamin B1, copper bisglycinate, vitamin K1, vitamin B12, folic acid, chromium picolinate, potassium iodide, biotin.