



AI Basis Formula

AI Basis Formula - High-dose vitamin B2 rounded off with a special micronutrient complex

Vitamin B2, also known as riboflavin, plays an important role in metabolism as a component of many coenzymes. It occurs in the body in two active forms - as flavinadeninucleotide (FAD) and flavinmononucleotide (FMN), which is also known as riboflavin-5-phosphate and is contained in this form in Biogena AI Basis Formula. Vitamin B2 is of great importance for the energy metabolism. In addition, vitamin B2 contributes to maintaining the iron metabolism and protecting the cells from oxidative stress. Vitamin B2 and also the valuable mineral magnesium are decisive for a normal function of the nervous system. Magnesium also plays a particularly important role in vitamin D metabolism - as an essential co-factor, it is indispensable for its utilization in the body. Vitamin B12, here contained as methylcobalamin in its biologically active form, supports the normal function of the immune system as well as the nervous system.

In order to support a smooth flow of all those important functions, the body needs a sufficiently high intake of these micronutrients. Biogena AI Basis Formula contains high-dose vitamin B2 and 6 other B vitamins, the mineral magnesium, important trace elements and choline and is therefore a well thought-out micronutrient combination preparation, which represents an important contribution to the optimal daily supply.


AI Basis Formula

- Vitamin B2 helps maintain energy and iron metabolism and protects cells from oxidative stress.
- Vitamin B2 helps reduce fatigue and fatigue
- Vitamin B2, magnesium and vitamin B12 contribute to the normal functioning of the nervous system.
- Magnesium is an important co-factor in vitamin D synthesis
- Vitamin B12 supports the normal function of the immune system

Possible applications

- With high-dose vitamin B2 in activated form, which plays an important role in metabolism and protects cells from oxidative stress.
- For maintaining normal energy and iron metabolism and reducing fatigue and fatigue
- For the supply of the important trace elements zinc, chromium and selenium
- For the supply of magnesium, which plays a role in vitamin D metabolism
- Contributes to the normal functioning of the immune system

Biogena GmbH & Co KG
Strubergasse 24, A-5020 Salzburg, [biogena.com](mailto:info@biogena.com)

Part of the
Biogena Group 

Toll-free Infoline Austria: T +43 662 23 11 11, info@biogena.com
Infoline Germany, Italy and International: T +49 8654 774 00-0, deutschland@biogena.com,
italien@biogena.com, worldwide@biogena.com
Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

Online orders: [biogena.com](https://www.biogena.com)



BIOGENA
WELCOME TO YOURSELF

Bioavailable micronutrients in pure form

- Only contain active ingredients
- Free of additives
- Without colouring, flavouring and coating substances
- Gluten-free
- Lactose-free
- Fructose-free
- 100 % vegan
- hypoallergen
- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
Riboflavin (vitamin B2)	50 mg	3571
<i>thereof Riboflavin 5-phosphate (activated)</i>	<i>25 mg</i>	<i>1786</i>
Niacin (mg NE)	48 mg	300
Pantothenic acid	18 mg	300
Vitamin B6 (activated)	4.2 mg	300
Thiamine (vitamin B1)	3.3 mg	300
Folic acid (as 5MTHF-glucosamine)	200 µg	100
Vitamin B12 (as methylcobalamin)	30 µg	1200
Magnesium	75 mg	20
Zinc	5 mg	50
Chromium	100 µg	250
Selenium	70 µg	127
Choline	80 mg	-

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

INGREDIENTS

Choline hydrogen tartrate, hydroxypropyl methyl cellulose (capsule shell), magnesium citrate, magnesium oxide, bulking agent: powdered cellulose, nicotinamide, magnesium gluconate, magnesium carbonate, sodium riboflavin 5'-phosphate, riboflavin, calcium-D-pantothenate, sodium selenite, zinc picolinate, zinc malate, zinc bisglycinate, pyridoxal 5'-phosphate, thiamine mononitrate, methylcobalamin, chromium picolinate, 5MTHF-glucosamine.

RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

NOTE

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

PACKAGE SIZE AND CONTENT

90 capsules (3 month supply), 71 g

Biogena GmbH & Co KG
Strubergasse 24, A-5020 Salzburg, biogena.com

Part of the
Biogena Group 

Toll-free Infoline Austria: T +43 662 23 11 11, info@biogena.com
Infoline Germany, Italy and International: T +49 8654 774 00-0, deutschland@biogena.com,
italien@biogena.com, worldwide@biogena.com
Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

Online orders: [biogena.com](https://www.biogena.com)




BIOGENA
WELCOME TO YOURSELF

INFORMATION

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. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version 22.07.2019.



Biogena GmbH & Co KG
Strubergasse 24, A-5020 Salzburg, biogena.com

Part of the
Biogena Group 

Toll-free Infoline Austria: T +43 662 23 11 11, info@biogena.com
Infoline Germany, Italy and International: T +49 8654 774 00-0, deutschland@biogena.com,
italien@biogena.com, worldwide@biogena.com
Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

Online orders: biogena.com



BIOGENA
WELCOME TO YOURSELF