

Blutdruck Formula Gold



Biogena-Gold preparation with minerals, lycopene and plant extracts

With each heartbeat, the heart muscle contracts and pumps blood through our bloodstream, so the heart supplies all organs and tissues with blood. The blood exerts pressure on the vascular walls - this is the blood pressure. Blood pressure is a dynamic variable that the body can adapt to the requirements of different situations. However, a persistently high blood pressure, called hypertension, leads to a strong strain on the vascular system. The heart muscle has to increase its pump pressure and this additional strain makes it more susceptible to disturbances.

In Austria, every fourth person has an elevated blood pressure, and even every second person at an advanced age. Although too high a blood pressure is common in the population, only 50% of people know their own blood pressure values. In addition to hereditary factors, stress, lack of exercise, an unhealthy diet and obesity are special factors that can be influenced by lifestyle.

The premium preparation Biogena Blutdruck Formula was developed to support the maintenance of normal blood pressure: It consists of an innovative special formulation based on readily bioavailable potassium citrate and magnesium in the form of our proven Magnesium Viersalz® complex. Magnesium supports the electrolyte balance and interacts with potassium in important metabolic processes. For example, an insufficient magnesium status leads to excessive potassium losses. This can have a negative effect on blood pressure because potassium is needed to maintain normal blood pressure. The new formula is completed by natural lycopene from tomatoes and extracts from black cumin seeds and green tea. Biogena Blutdruck Formula - the science-based support for your blood pressure.

Blutdruck Formula

- Potassium contributes to maintaining normal blood pressure
- Magnesium supports electrolyte balance
- With four different magnesium salts for a broad solubility spectrum (Viersalz® complex)
- Contains natural lycopene from tomatoes, black cumin seed extract and green tea extract.

Possible applications:

- To maintain normal blood pressure.
- To support the electrolyte equilibrium
- For the daily supply of the essential minerals potassium and magnesium, as well as lycopene and valuable plant extracts.

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



Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Potassium	300 mg	15
Magnesium (Biogena Viersalz®-complex)	150 mg	40
Black cumin seed extract	150 mg	-
Green tea extract	90 mg	-
<i>containing: Epigallocatechin gallate</i>	54 mg	-
Lycopene	15 mg	-

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

INGREDIENTS

Potassium citrate, Biogena Viersalz®-complex (magnesium citrate, magnesium oxide, magnesium gluconate, magnesium carbonate), hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose, black cumin seed extract, green tea extract, lycopene (from tomato).

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

IMPORTANT NOTICE

The product should not be consumed by people taking antihypertensive drugs (ACE inhibitors), potassium-sparing diuretics or cardiac glycosides. Consume a maximum of 800 mg of epigallocatechin gallate per day. Pregnant or breastfeeding women and children under 18 years of age should not consume Blutdruck Formula. The product should not be taken on an empty stomach or on the same day with other green tea products.

PACKAGE SIZE AND CONTENT

60 capsules (1 month supply), 57 g

GOOD TO KNOW



Normalisation of body weight: with a weight loss of one kilogram you can expect a reduction of systolic and diastolic blood pressure by 1 - 2 mmHg. For overweight people, losing weight is the most effective method of lowering blood pressure.

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BIOGENA
WELCOME TO YOURSELF



Change of dietary habits: Lots of colorful fruits and vegetables combined with high quality fats can help to get the blood pressure under control. Especially if the consumption of meat and the intake of animal fats is reduced at the same time. A balanced and varied diet has a positive effect on both health and the cardiovascular system.



Avoid alcohol: Men should drink less than 20 grams of alcohol per day. This amount can be found, for example, in 0.5 litre beer or 0.25 litre wine. For women it should be even less with a maximum of 10 g alcohol per day. Studies show a reduction of systolic blood pressure by 10 mmHg and a reduction of diastolic blood pressure by 6 mmHg. If blood pressure is very high, it is advisable to avoid alcohol completely.



Exercise and sports: a well-planned combination of endurance and strength training can reduce systolic blood pressure by 13 mmHg and diastolic blood pressure by 8 mmHg. At the same time, regular exercise also increases your personal well-being.



Reduce salt intake: if you are considered as "salt sensitive" person, a reduction of the daily salt intake to max. 6 g daily leads to a reduction of the systolic pressure by 6 mmHg, the diastolic pressure by 4 mmHg. Therefore, in future, avoid excessive salting and products with high salt content (e. g. french fries, chips, many types of sausages and cheese as well as convenience foods). You are doing something good for your health.



Rest and relaxation: allow yourself to rest, you have earned it! And at the same time rest and relaxation also lower blood pressure. Daily meditation is particularly effective: here a reduction in blood pressure of 5 mmHg can be expected.

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 27.04.2023.



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