

# BIOGENA minis - fit@work® Premium Gold



## Power through the working day

Everyday working life can be demanding. One works under constant deadline pressure, stands under permanent stress, feels partly overtaxed and burnt out. In the long run we reach our limits, the strain overpowers us and body and psyche are weakened. Anyone who wants to achieve top performance in the long run despite the many challenges we face must have "a healthy mind in a healthy body". A balanced diet can make a decisive contribution here. All too often, however, the fresh and preferably vitamin-rich food has to give way to sweet snacks or biscuits, which only provide short-term energy and are also low in nutrients. The combination of strenuous everyday work and suboptimal nutrition also leads to a long-term loss of our psychological resistance, the so-called "resilience". Studies have shown that resilient people are more successful at work, emotionally stable and physically and psychologically fitter. Biogena has developed fit@work® Premium Gold to counteract everyday stress at work and to support their own resilience. This not only supports personal performance, but also helps us to cope with everyday stress situations. fit@work® Premium Gold - so that you don't lose your way either.

## fit@work® Premium Gold

- Combination of vitamins, minerals, trace elements and coenzyme Q10 in the active ubiquinol form for daily supplementation in times of increased stress.
- Magnesium supports the energy metabolism
- Potassium contributes to maintaining normal blood pressure
- Vitamin D contributes to a normal function of the immune system
- Zinc and selenium play a role in protecting the cells from oxidative stress.
- The vitamins thiamine (vitamin B1), niacin, biotin and B12 support the normal function of the nervous system and the psyche.
- Riboflavin, folic acid and pantothenic acid help reduce fatigue

## Possible applications:

- Practical trial size
- Small gift for family & friends
- To support increased strain and stress in everyday working life
- To maintain performance and personal resilience (= psychological resilience)
- For fatigue and exhaustion and to support the normal functioning of the psyche and the nervous system.
- For needs-based use within the framework of occupational health management

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**BIOGENA**  
WELCOME TO YOURSELF

**Bioavailable micronutrients in a pure form**

- According to the pure substance principle
- Free of additives
- Without colours and flavours
- Gluten-free
- Lactose-free
- Fructose-free
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Niacin (mg NE)	48 mg	300
Pantothenic acid	18 mg	300
Vitamin B6	10 mg	714
Riboflavin (vitamin B2)	4.2 mg	300
Thiamine (vitamin B1)	3.3 mg	300
Folic acid	600 µg	300
Biotin	150 µg	300
Vitamin D3	50 µg	1000
Vitamin B12 (as methylcobalamin)	7.5 µg	300
Potassium	400 mg	20
Biogena Viersalz®-complex	433 mg	-
<i>containing: magnesium</i>	<i>130 mg</i>	<i>35</i>
Zinc (zinc picolinate)	7 mg	70
Selenium	30 µg	55
Coenzyme Q10 (KANEKA Ubiquinol™)	30 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), ubiquinol (contains **soybean**), bulking agent: powdered cellulose, nicotinamide, zinc picolinate, cholecalciferol, calcium-D-pantothenate, pyridoxine hydrochloride, sodium selenite, thiamine mononitrate, riboflavin, methylcobalamin, folic acid, D-biotin.

**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

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## PACKAGE SIZE AND CONTENT

10 capsules, 10 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. KANEKA Ubiquinol™ is a registered trademark of Kaneka Corp. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 27.03.2023



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