BIOGENA

MASTER COLLECTION

# ELEMENTS

Your longevity powder with over 35 ingredients in one sachet: a daily investment in your long-term health.*



## PRODUCT DESCRIPTION

Some things cannot be delegated. Investing in your own future is one of them. ELEMENTS is the longevity powder from BIOGENA that sets new standards: 7 vitamins, 3 minerals and over 25 specialised ingredients, all in one daily serving. A formula so rich that it effortlessly replaces a whole handful of capsules. Two years of dedication by the BIOGENA Science Team have gone into this formula, which relies on outstanding branded ingredients such as Niagen®, KANEKA Ubiquinol™ and Cognizin®. In the glass, the fruity flavour of mango and passion fruit unfolds, harmoniously rounded off by the natural sweetness of monk fruit.

**Your longevity routine needs nothing more.**

- With 7 vitamins, 3 minerals and over 25 specialised ingredients, including Niagen® nicotinamide riboside chloride, L-carnosine, PQQ and trans-resveratrol (Veri-te™).
- For your cells: Vitamin C contributes to the protection of cells from oxidative stress.
- For your energy: Vitamin B6 contributes to normal energy-yielding metabolism. Vitamin B12 and magnesium contribute to the reduction of tiredness and fatigue.
- The all-in-one longevity formula with selected ingredients: united in one single drink instead of many individual capsules.
- Inspired by modern ageing research: developed over two years by the BIOGENA Science Team.
- Delicately fruity: mango and passion fruit flavour, naturally sweetened and 100% vegan.

## POSSIBLE USES

**Energy**: Vitamin B12 and magnesium contribute to the reduction of tiredness and fatigue.

**Psychological function and nerves**: Vitamin B6 contributes to normal psychological function and to normal functioning of the nervous system.

**Performance**: Creatine increases physical performance in successive bursts of short-term, high intensity exercise. The beneficial effect is obtained with a daily intake of 3 g of creatine.

**Immune system**: Vitamin C and vitamin D contribute to the normal function of the immune system.

**Metabolism**: Chromium contributes to the maintenance of normal blood glucose levels.

**Cells**: Vitamin B12 and magnesium have a role in the process of cell division.

**Muscle strength from 55**: Daily creatine consumption can enhance the effect of resistance training on muscle strength in adults aged 55 and older. The beneficial effect is obtained with a daily intake of 3 g of creatine in conjunction with resistance training that allows an increase of the workload over time, repeated at least three times per week for several weeks, at an intensity of at least 65% to 75% of the one-repetition maximum.

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| INGREDIENTS | PER DAILY DOSE (1 SACHET) | % NRV * |
|---|---|---|
| Nicotinamide riboside chloride (Niagen®) | 300 mg | - |
| *corresponds to Niacin (mg NE)* | 126 mg | - |
| Vitamin C (from Amla extract, nakoMIN®-C) | 60 mg | 75 |
| Vitamin B6 (activated) | 1.4 mg | 100 |
| Folic acid (activated, Extrafolate-S® Crystal) | 400 mcg | - |
| Vitamin D3 | 50 mcg | 1000 |
| Vitamin K2 (K2VITAL®) | 25 mcg | 33 |
| Vitamin B12 | 3.2 mcg | 128 |
| Calcium | 273 mg | 34 |
| Magnesium | 100 mg | 27 |
| Chromium | 60 mcg | 150 |
| Strawberry Extract | 2000 mg | - |
| *contains: Fisetin* | 100 mg | - |
| Soybean extract | 1500 mg | - |
| *contains: Spermidine* | 3 mg | - |
| Pterocarpus marsupium (Silbinol®) | 400 mg | - |
| *contains: Pterostilben* | 20 mg | - |
| Parsley extract | 350 mg | - |
| *contains: Apigenin* | 35 mg | - |
| Fenugreek-curcuma complex (CurQfen™) | 250 mg | - |
| *contains: Curcuminoids* | 87 mg | - |
| Tomato concentrate (Fruitflow®) | 150 mg | - |
| Pomegranate extract | 125 mg | - |
| *contains: Ellagic acid* | 50 mg | - |
| L-theanine (from green tea extract) | 100 mg | - |
| Epigallocatechin gallate (from green tea extract) | 60 mg | - |
| Broccoli extract | 60 mg | - |
| *contains: Glucoraphanin* | 6 mg | - |
| Creatine (Creavitalis®) | 3000 mg | - |
| Glucosamine hydrochloride | 1500 mg | - |
| L-Carnitine (Carnipure®) | 1000 mg | - |
| Taurine | 1000 mg | - |
| L-carnosine | 1000 mg | - |

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| INGREDIENTS | PER DAILY DOSE (1 SACHET) | % NRV * |
|---|---|---|
| Alpha-ketoglutarate | 1000 mg | - |
| Citicoline (Cognizin®) | 500 mg | - |
| Betaine (DuraBeet®) | 500 mg | - |
| Acetyl-L-carnitine | 500 mg | - |
| Quercetin-phospholipid (Quercefit®) | 250 mg | - |
| *contains: Quercetin* | 100 mg | - |
| Berberine-phospholipid | 250 mg | - |
| *contains: Berberine* | 75 mg | - |
| Tremella extract (GreenIuronic®) | 313 mg | - |
| *contains: Hyaluronic acid* | 250 mg | - |
| Ubiquinol (KANEKA Ubiquinol™) | 200 mg | - |
| trans-Resveratrol (Ver-ite™) | 150 mg | - |
| Soy Phosphatidylserine (AquaPS™) | 150 mg | - |
| Alpha lipoic acid | 100 mg | - |
| L-ergothioneine | 30 mg | - |
| PQQ (Pyrroloquinoline quinone disodium salt) | 20 mg | - |
| Astaxanthin (ASTAFIT®) | 6 mg | - |

* % of the reference quantity according to EU Regulation 1169/2011.

## INGREDIENTS

Creatine monohydrate, monk fruit extract, colour: betanin, Strawberry extract, **Soy**bean extract, glucosamine hydrochloride, L-carnitine tartrate, calcium alpha-ketoglutarate, natural flavourings, taurine, L-carnosine, magnesium bisglycinate, acetyl-L-carnitine hydrochloride, betaine, citicoline, green tea leaf extract, ubiquinol, *Pterocarpus marsupium* extract, Parsley extract, *Tremella fuciformis* extract, Nicotinamide riboside chloride, Anticaking agent: powdered cellulose, quercetin-phospholipid [quercetin (from *Sophora japonica*), sunflower lecithin, maltodextrin], **Soy** Phosphatidylserine, Berberine-phospholipid blend [*Berberis aristata* extract (contains berberine), pea protein, sunflower lecithin, grape seed extract], Fenugreek-Turmeric Complex (fenugreek seed extract, turmeric extract), astaxanthin-rich oleoresin from *Haematococcus pluvialis* algae, acid: citric acid, trans-resveratrol, tomato concentrate, alpha lipoic acid, pomegranate extract, amla extract, broccoli extract, Ergothioneine, cholecalciferol, Pyrroloquinolinequinone disodium salt, Menachinon, pyridoxal 5'-phosphate, calcium-L-methylfolate, chromium picolinate, Vitamin B12 Blend (Methylcobalamin, Hydroxocobalamin, 5'-Desoxyadenosylcobalamin).

## RECOMMENDED INTAKE

Stir the contents of one sachet into 350–400 ml of water daily and then drink.

## DESCRIPTION

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle.

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## STORAGE INSTRUCTIONS

Keep out of the reach of children.

Store in a dark, dry place at room temperature. Protect from heat.

## NOTES

Patients taking anticoagulants should consult their doctor before taking vitamin K supplements. Do not consume more than 800 mg of epigallocatechin gallate per day. This product should not be taken on an empty stomach, on the same day as other green tea products, or on the same day as other dietary supplements containing astaxanthin esters. Products containing trans-resveratrol should only be consumed under medical supervision when taken concurrently with medications. This dietary supplement should only be consumed by adults, with the exception of pregnant and breastfeeding women.

The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors.

Not an organic product according to VO (EU) 2018/848.

Suitable for diabetics.

## QUALITY SEAL

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