







# Sports nutrition & weight wellness

Get inspired by our  
micronutrient premix  
solutions

**The power of micronutrients - the power for athletes**  
Micronutrient premixes for sports nutrition

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**STERNVITAMIN**  
Micronutrients for a Healthy Life







**Weight Wellness**  
Micronutrient premixes for weight management products

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**Flyer**

Find out why micronutrients, botanicals & more are beneficial for physical performance and weight management



**Botanicals to support stress reduction and relaxation**

Stress describes the physiological reaction to environmental threats or pressures like excessive workload. It manifests in ways that are measurable: Change in mood, memory, concentration and problem-solving. Consumers are increasingly looking for relaxation functions and stress reduction in products. Botanicals are among the major ingredients that consumers associate with relaxation.

Functional ingredients for your products that reduce stress, increase stress resistance and support relaxation\*



**ADAPTGENS**  
Plant substances that help to adapt to increased physical and emotional stress situations.

- SIBERIAN GINSENG**
  - Enhances mental capacities in cases of overwork, exhaustion and tiredness
- CHAMOMILE**
  - Has calming properties
- PANAX GINSENG**
  - Has an anti-stress effect
- ASHWAGANDHA**
  - Reduces stress and anxiety
  - Has mood-enhancing properties
- LAVENDER**
  - Has a calming effect and leads to low mood
- L-THEANINE FROM GREEN TEA**
  - Has anti-anxiety and relaxing properties
  - Reduces physiological indices of stress and voluntary control
- LEMON BALM**
  - Reduces anxiety and relieves stress
- PASSIONFLOWER**
  - Reduces anxiety and stress
- RHODIOLA ROSEA**
  - Increases resistance to a variety of chemical, biological and physical stressors
  - Has an anti-fatigue effect that boosts mental performance
- VALERIAN + HOPS**
  - Combination has anxiolytic effect and reduces restlessness

Contact us:  
www.sternvitamin.com  
info@sternvitamin.com

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## SternEnergize

Premix for pre-workout powders to boost physical and mental performance

**YOUR CUSTOMERS' NEEDS:**

- Feel powerful and awake in preparation for workout
- Start workout with optimal electrolyte supply
- Products with functional ingredients to combat fatigue, support alertness and maintain high performance

**PRODUCT HIGHLIGHTS:**

- Natural caffeine from guarana, green coffee beans, and green tea as well as L-tyrosine boost energy and alertness
- B-vitamins, BCAA and caffeine reduce tiredness and fatigue
- L-carnitine and L-citrulline enhance vasodilation and increase performance capacity

**DEVELOPED FOR PRODUCTS TARGETING:**

- Athletes
- Weekend warriors



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## SternRecovery

Premix for post-workout powders to promote overall regeneration

**YOUR CUSTOMERS' NEEDS:**

- Stay healthy after strenuous workouts
- Reduce muscle protein synthesis and reduce muscle soreness after exercise
- Products with functional ingredients to support complete recovery from muscles to mind

**PRODUCT HIGHLIGHTS:**

- Vitamins D, K<sub>2</sub>, calcium and magnesium support bone health, while creatine and essential amino acids contribute to muscle protein synthesis
- Reduces muscle soreness through pomegranate, magnesium, as well as L-citrulline and compensates sweat losses of magnesium, chromium, and zinc
- Supports the immune system with essential micronutrients and beta-glucans from yeast, and has antioxidant properties

**DEVELOPED FOR PRODUCTS TARGETING:**

- Athletes
- Weekend warriors



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## SternActive

Premix for instant drink powders for women with an active lifestyle

**YOUR CUSTOMERS' NEEDS:**

- Maintain mental energy and mind-body balance in stressful situations and everyday life
- Products with functional ingredients to take a proactive and long-term approach to health
- Customized, science-based products for women to help women meet their specific health and lifestyle targets

**PRODUCT HIGHLIGHTS:**

- Vitamins D, K<sub>2</sub>, calcium and magnesium support bone mineral density
- Supports the immune system with essential micronutrients and gut health with green tea, and has antioxidant properties
- Mental energy, cognitive performance and reduction of tiredness through B-vitamins, vitamin C, iron and zinc
- Compensates common deficiencies in women

**DEVELOPED FOR PRODUCTS TARGETING:**

- Active Woman



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## SternWeightWellness

Premix for capsules to support weight management

**YOUR CUSTOMERS' NEEDS:**

- Improve overall health and wellbeing
- Lose or keep off desired weight
- Science-based products with better-for-you ingredients to improve weight

**PRODUCT HIGHLIGHTS:**

- Vitamin C inhibits mature adipocyte formation, vitamin K<sub>2</sub> maintains fat-free mass
- L-citrulline and green coffee bean extract, high in chlorogenic acid, support reduction in body weight
- B-vitamins provide mental energy, acetylglutathione reduces stress, and fructo-oligosaccharides support a balanced gut microbiota

**DEVELOPED FOR PRODUCTS TARGETING:**

- Sportspersons
- People focusing on weight management



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## SternGaming

Premix for instant drink powders to boost performance and reduce stress

**YOUR CUSTOMERS' NEEDS:**

- Feel powerful and awake during a contest
- Support long-term health targets relevant for success – like eye, mental and immune health
- Products with functional ingredients to support performance and health

**PRODUCT HIGHLIGHTS:**

- Mental energy, cognitive performance and reduction of tiredness through vitamins B, C, D, iodine, zinc and natural caffeine
- The combination of L-tyrosine and caffeine positively affects learning ability and memory
- Adhwayanin and ginseng support stress resistance
- Panthothenic acid improves tear flow and eye moisturization

**DEVELOPED FOR PRODUCTS TARGETING:**

- Gamers



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# Concept Cards

Take a look at our premix solutions to get inspired for your next product development

# Sports nutrition & weight wellness

**Micronutrient-fortified products  
for sports nutrition**

Global trends and market insights

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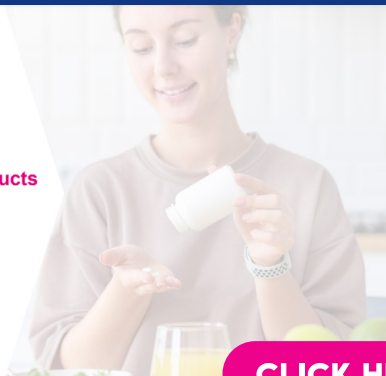
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**eSports  
Micronutrient-fortified products  
for gamers**

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## Presentation

Explore the latest trends, market insights, and scientific findings on micronutrients for physical performance, weight wellness, and an active lifestyle

# Sports nutrition & weight wellness

## More information

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**How can  
we help you?**

Please contact us!

[www.sternvitamin.com](http://www.sternvitamin.com)

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## Headquarter

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**SternVitamin GmbH & Co. KG**  
Phone: +49 4102 202-007  
Email: [info@sternvitamin.com](mailto:info@sternvitamin.com)

**Kurt-Fischer-Straße 55**  
22926 Ahrensburg  
Germany

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