

# Women's health

Get inspired by  
our micronutrient  
premix solutions



## Reproductive health and female wellbeing

Micronutrient premixes for products that support women's reproductive health and general wellbeing

**STERNVITAMIN**  
Micronutrients for a Healthy Life



### Folder

Find out why micronutrients, are important for reproductive health and female wellbeing

## Reproductive health & female wellbeing

### 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 B, 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





### SternWoman Pill Support

Premix for capsules to support micronutrient status in women using hormonal contraceptives

**YOUR CUSTOMERS' NEEDS:**

- Meeting the increased micronutrient needs associated with hormonal contraceptive use
- Supporting overall well-being during hormonal contraception – including hormonal balance, energy and vitality
- A tailored solution that meets their unique micronutrient needs

**PRODUCT HIGHLIGHTS:**

- Vitamin B6 contributes to the regulation of hormonal activity, while B-vitamins support energy metabolism and help reduce fatigue
- Vitamin C, zinc, selenium and coenzyme Q10 help protect cells from oxidative stress which may be elevated during hormonal contraceptive use
- Calcium, phosphorus and magnesium are important for long-term metabolic and skeletal health

**DEVELOPED FOR PRODUCTS TARGETING:**

- Women using hormonal contraceptives





### SternWoman Cycle Support

Premix for capsules to support women's wellbeing throughout the menstrual cycle

**YOUR CUSTOMERS' NEEDS:**

- Supporting emotional and physical wellbeing throughout the menstrual cycle
- Reducing menstrual discomfort and common PMS symptoms
- Addressing symptoms related to hormone fluctuations such as mood swings, irritability and tiredness

**PRODUCT HIGHLIGHTS:**

- Vitamins B<sub>6</sub>, B<sub>12</sub>, C and iron play important roles in energy production and maintaining hormonal balance
- Calcium, magnesium and vitamin D help support healthy muscle function and promote muscle relaxation
- Chamomile extract offers anti-inflammatory and muscle-soothing properties, promoting overall relaxation

**DEVELOPED FOR PRODUCTS TARGETING:**

- Women in their reproductive years



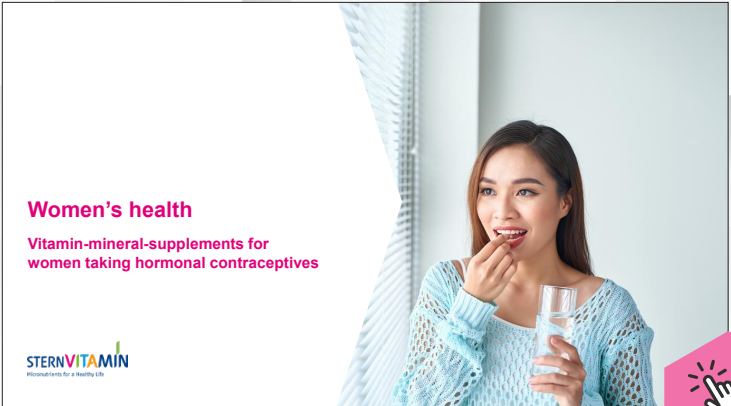


**Premix solutions**  
 Take a look at our ideas to get inspired for your next product development

**Reproductive health & female wellbeing**



**Micronutrient-fortified products for reproductive health and female wellbeing**  
Global trends and market insights



**Women's health**  
Vitamin-mineral-supplements for women taking hormonal contraceptives



**Reproductive health & female wellbeing**



## Pregnancy and Lactation

Micronutrient premixes for products that support fertility, pregnancy and lactation

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# Pregnancy & lactation

## SternPregnancy 1

Premix for tablets to support women during the first trimester of pregnancy



### YOUR CUSTOMERS' NEEDS:

- Meeting the increased micronutrient requirements during the first trimester of pregnancy
- Ensuring an adequate supply of micronutrients to support the baby's development and health
- Supporting a healthy pregnancy and the mother's well-being

### PRODUCT HIGHLIGHTS:

- Folic acid contributes to the neural tube formation in the embryo, especially important during the early stages of pregnancy
- Vitamin B<sub>6</sub> and iodine are essential for brain development; additionally iodine is required for the production of thyroid hormones
- Vitamin D<sub>3</sub> aids in calcium absorption and supports the bone health of both baby and mother

### DEVELOPED FOR PRODUCTS TARGETING:

- Women wishing to become pregnant
- Pregnant women in trimester 1

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## SternMen Fertility

Premix for supplement powders to support male fertility



### YOUR CUSTOMERS' NEEDS:

- Supporting reproductive and sexual health
- Reducing stress and enhancing general health to support fertility

### PRODUCT HIGHLIGHTS:

- Zinc supports normal fertility and reproductive health and helps maintain healthy testosterone levels in the blood
- Selenium is important for the synthesis of spermatozoa
- Zinc, selenium, and vitamin C contribute to the protection of cells from oxidative stress, which is important for sperm health and function

### DEVELOPED FOR PRODUCTS TARGETING:

- Men involved in family planning

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## SternPregnancy 2

Premix for capsules to support women during the second and third trimester of pregnancy



### YOUR CUSTOMERS' NEEDS:

- Meeting the increased micronutrient requirements during the second and third trimesters of pregnancy
- Ensuring an adequate supply of micronutrients to support the baby's development and health
- Supporting a healthy pregnancy and the well-being of the mother

### PRODUCT HIGHLIGHTS:

- Vitamin B<sub>12</sub>, choline, iodine, and docosahexaenoic acid (DHA) are essential for brain development, while DHA also supports eye development
- Folic acid plays a critical role in cell division and DNA synthesis, important for fetal growth
- Vitamin D<sub>3</sub> aids in calcium absorption, promoting strong bones in both mother and baby

### DEVELOPED FOR PRODUCTS TARGETING:

- Pregnant women in trimester 2 and 3

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## SternLactation

Premix for capsules to support women during lactation



### YOUR CUSTOMERS' NEEDS:

- Meeting the increased nutrient requirements during lactation
- Ensure a good supply with micronutrients to support the development and health of the baby
- Supporting the long-term health of the mother

### PRODUCT HIGHLIGHTS:

- The requirements for Vitamin A, docosahexaenoic acid (DHA), and folic acid increase more than those of other micronutrients during lactation
- Vitamin A and DHA are important for the development of the infant's eyes; additionally DHA is important for brain development
- Folic acid is required for cell division and DNA synthesis and is therefore essential for infant growth and development

### DEVELOPED FOR PRODUCTS TARGETING:

- Lactating Women

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# Premix solutions

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

# Pregnancy & lactation



## Presentations

Explore the latest trends, market insights and scientific findings on micronutrients for pregnancy & lactation

# Pregnancy & lactation



# Menopause

Micronutrient premixes for products that support women during peri- and postmenopause

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## Folder

Find out why micronutrients, botanicals and more are important for peri & postmenopause

# Peri & postmenopause

## SternWoman 45+

Premix for capsules or tablets to support women during perimenopausal phase

### YOUR CUSTOMERS' NEEDS:

- Compensate for the impacts of estrogen reduction on health, like increases in cholesterol levels, blood pressure, and inflammation, decreased microbial diversity and mental exhaustion

### PRODUCT HIGHLIGHTS:

- Vitamins B<sub>6</sub>, K<sub>2</sub>, D<sub>3</sub>, magnesium and calcium support heart health
- Black currant, green tea, bilberry and grapeseed extract contribute to healthy cholesterol levels and support healthy blood pressure
- Vitamin B<sub>6</sub>, green tea extract and calcium promote a balanced gut microbiota, vital for heart and mental health

### DEVELOPED FOR PRODUCTS TARGETING:

- Women in the perimenopausal phase

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## SternSomnia Quality

Premix for capsules to support a good night's sleep

### YOUR CUSTOMERS' NEEDS:

- Improve sleep wellness with products containing functional ingredients
- Relax and unwind before bedtime
- Feel fresh and full of energy upon awakening

### PRODUCT HIGHLIGHTS:

- Zinc, magnesium and ashwagandha improve sleep quality and sleep onset latency
- L-theanine reduces waking after sleep onset, increases sleep efficiency, and promotes relaxation without drowsiness
- Magnesium contributes to normal functioning of the nervous system and to relaxation, and vitamin B<sub>6</sub> supports heart health 16 times of mental stress

### DEVELOPED FOR PRODUCTS TARGETING:

- Athletes
- Stressed people
- Best Age<sup>®</sup>
- Students
- Professionals
- Parents

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## SternWoman MenoBalance

Premix for capsules to support women during the peri- and postmenopausal phase

### YOUR CUSTOMERS' NEEDS:

- Feel empowered to promote one's overall well-being before and after menopause
- Reduce menopausal symptoms

### PRODUCT HIGHLIGHTS:

- Vitamin B<sub>6</sub> helps to keep hormones in balance
- Vitamin E, red clover, pomegranate, and milk thistle extract may help to reduce hot flashes
- B-vitamins reduce tiredness and fatigue and contribute to the maintenance of mental balance

### DEVELOPED FOR PRODUCTS TARGETING:

- Women in the perimenopausal phase

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## SternMitoEnergy

Premix for capsules to support and improve energy metabolism

### YOUR CUSTOMERS' NEEDS:

- Maintain energy levels and stay physically active
- Reduce impacts of aging on performance
- Actively take measures to age healthily

### PRODUCT HIGHLIGHTS:

- B-vitamins and o-lipoic acid to maintain mitochondrial function and performance, vital for the energy metabolism
- Vitamins C, D, E and o-lipoic acid have strong antioxidant and anti-inflammatory properties that prevent mitochondrial oxidants formation and aging, protein oxidation, lipid peroxidation, and DNA damage
- Pomegranate juice extract may help to regulate superoxide mitochondrial ROS production and impairment

### DEVELOPED FOR PRODUCTS TARGETING:

- Best Age<sup>®</sup>
- Seniors

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# Premix solutions

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# Peri & postmenopause

**Micronutrient-fortified products  
for peri- and postmenopause**  
Global trends and market insights

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Microelements for a Healthier Life



## **Presentations**

Explore the latest trends,  
market insights and scientific  
findings on micronutrients  
for peri & postmenopause

# **Peri & postmenopause**



**More information**



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**Women's health**