



Nutrition Balancer

Premixes to help maintain balanced and healthy nutrition during a slimming programme or a calorie-restricted diet.

Our nutrition balancer premixes have been developed as food supplements for use under a weight loss or weight control regimen and help to maintain a balanced diet and healthy looks.

Make use of our technical know-how for your own, tailor-made premix.

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Examples of popular diets and their possible effects on vitamin and mineral intake*

Diet	Characteristics	Possible deficiencies
Atkins	<ul style="list-style-type: none">• High protein intake through increased meat consumption• Very low intake of cereal products• Restricted consumption of fruit as a source of carbohydrates	Thiamine, folic acid, vitamin C and vitamin E, iron, magnesium
Ornish	<ul style="list-style-type: none">• Very low-fat diet• Largely vegetarian diet	Vitamin A, vitamin B12, vitamin E, magnesium, zinc
LEARN	<ul style="list-style-type: none">• Holistic concept covering general lifestyle, exercise and nutrition• A balanced diet is recommended (food pyramid)	Vitamin A, vitamin C, vitamin E, magnesium
Zone	<ul style="list-style-type: none">• Division of energy intake into 40 % carbohydrate, 30 % fat and 30 % protein	Vitamin E, magnesium

* Source: Gardner et al.: Shifts in risk of micronutrient inadequacy (below EAR) or lower intake (below AI) after 8 weeks of the study diets, Am J Clin Nutr 2010; 92; 304-12.

Today's consumers attach more importance than ever to healthy, attractive looks. That is reflected clearly in their eating habits: trend diets and special nutrition plans to reduce the intake of fats, carbohydrates or protein – often supported by appropriate dietetic products – have become a matter of course for many.

But one-sided diets or eating habits can quickly result in an inadequate intake of important vitamins and minerals or even deficiency symptoms, and thus undesirable side effects and health risks.

Vitamins and minerals typically contained in Nutrition Balancer premixes are vitamin A, thiamine, folate, vitamin B12, vitamin C, iron, magnesium and zinc.

These can be complemented, on request, with other active substances like caffeine, plant extracts (e.g. green tea extract) or amino acids.



**Why not consult us about your own, tailor-made solution?
You can contact us by phone at +49 (0) 4102 / 202-007.**

You will find more information at www.sternvitamin.de

STERNVITAMIN

Fortification for a Healthy Life

SternVitamin GmbH & Co. KG
Kurt-Fischer-Straße 55
22926 Ahrensburg / Germany

www.sternvitamin.de
info@sternvitamin.de

A member of the Stern-Wywiol Gruppe