

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*



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

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

Contact us:
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Sports nutrition & weight wellness



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

- Provides physical and mental energy through B-vitamins
- Natural caffeine derived from guarana, green coffee beans, and green tea as well as l-tyrosine boost energy and mental alertness
- B-vitamins, BCAA and caffeine reduce tiredness and fatigue
- L-arginine and l-citrulline enhance vasodilation and increase performance capacity
- Restores electrolyte balance

SternEnergize is specifically designed 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
- Induce 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, K₂, calcium and magnesium support bone health
- Creatine and essential amino acids may increase muscle mass
- Pomegranate, magnesium and l-citrulline reduce muscle soreness
- Compensates sweat losses of magnesium, chromium and zinc
- Supports the immune system with essential micronutrients and beta-glucans from yeast, and has antioxidant properties
- L-theanine has mind-calming properties

SternRecovery is specifically designed 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, K₂, 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
- Restores electrolyte balance
- Compensates common deficiencies in women, e.g. iron

SternActive is specifically designed for products targeting:



Active Women




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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

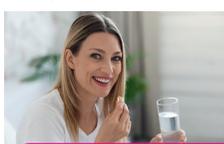
Product highlights

- Vitamin C inhibits mature adipocyte formation, vitamin B₆ maintains fat-free mass
- Natural caffeine decreases weight gain and increases energy expenditure
- L-carnitine and green coffee bean extract, high in chlorogenic acid, support reductions in body weight
- Provides mental energy through B-vitamins and reduces stress via ashwagandha
- Fructo-oligosaccharides support a balanced gut microbiota

SternWeightWellness is designed for products targeting:



Sportpeople 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-theanine and caffeine positively affects learning ability and memory
- Ashwagandha and ginseng support stress resistance
- Vitamins B, C, D, zinc and ashwagandha counteract stress-induced alteration of the immune system
- Pantothenic acid improves tear flow and eye moisturization

SternGaming is specifically designed 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

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STERNVITAMIN
Preparations for a healthy life

Micronutrient-fortified products for sports nutrition
Trends on the global market

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Micronutrient-fortified products for weight wellness
Global trends and market insights

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eSports
Micronutrients and botanicals for products targeting 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

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More information



**How can
we help you?**

Please contact us!

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