

Healthy ageing

Get inspired by
our micronutrient
premix solutions



Healthy Ageing

Micronutrient premixes for healthy ageing

STERNVITAMIN
Micronutrients for a Healthy Life



Healthy ageing

SternBestAger 55+

Premix for tablets to compensate for common micronutrient deficiencies



YOUR CUSTOMERS' NEEDS:

- Close typical nutritional gaps with one product
- Ensure adequate micronutrient intake in light of an ageing metabolism
- Prevent micronutrient deficiencies and related diseases

PRODUCT HIGHLIGHTS:

- Provides commonly deficient micronutrients in older adults: vitamins A, C, E, magnesium, calcium, iron, zinc, iodine, selenium
- Vitamins D, B6 and B12 add to compensate for decreasing dietary synthesis or absorption with age
- Two prebiotics to sustain efficient absorption: iron is separated from iron-sensitive compounds

DEVELOPED FOR PRODUCTS TARGETING:

- Best Ager

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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 B₆, K₂, D, 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 D, 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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SternJoints Chondro

Premix for instant drink supplements to support joint health



YOUR CUSTOMERS' NEEDS:

- Maintain healthy joints through daily strains
- Enjoy mobility and the associated quality of life into old age
- Relieve joint pain and support cartilage function

PRODUCT HIGHLIGHTS:

- Vitamin C supports cartilage function and is important for collagen synthesis
- Vitamin C, selenium, and zinc protect from oxidative stress that may play a role in inflammatory joint diseases
- Glucosamine and chondroitin sulfate are important components of cartilage and may have favourable effects on knee pain, according to studies

DEVELOPED FOR PRODUCTS TARGETING:

- Best Ager
- Seniors
- Active people

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SternJoints Collagen

Premix for instant drink supplements to support joint health



YOUR CUSTOMERS' NEEDS:

- Maintain healthy joints through daily strains
- Enjoy mobility and the associated quality of life into old age
- Relieve joint pain and support cartilage function

PRODUCT HIGHLIGHTS:

- Vitamin C supports cartilage function and is important for collagen synthesis, while vitamin D stimulates proteoglycan synthesis
- Collagen peptides help to maintain joint functionality
- Vitamin D, ginger extract, collagen peptides, and hyaluronic acid can have favourable effects on joint pain, according to studies

DEVELOPED FOR PRODUCTS TARGETING:

- Best Ager
- Seniors
- Active people

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SternOsteo

Premix for gummy supplements to support bone health



YOUR CUSTOMERS' NEEDS:

- Reach an optimum peak bone mass before the age of 30, maintain healthy bone mass throughout all life stages
- Convenient supply of important micronutrients for bone health
- Live an active and mobile life into old age

PRODUCT HIGHLIGHTS:

- Vitamin D₃ increases the intestinal absorption of calcium while vitamin K₂ helps to move calcium into bones
- The combination of calcium, vitamin D₃ and vitamin K₂ has been shown to increase bone mineral density
- Adequate intake of calcium, magnesium, and zinc is associated with higher bone mineral density

DEVELOPED FOR PRODUCTS TARGETING:

- Young adults
- Best Ager
- Seniors
- Women

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SternVitality

Premix for capsules or tablets to boost mental energy



YOUR CUSTOMERS' NEEDS:

- Maintain mental performance throughout the day
- Fight stress induced and age-related exhaustion and fatigue
- Regain resilience to master everyday life

PRODUCT HIGHLIGHTS:

- Combines essential micronutrients and rhodiola rosea to support mental energy
- Re-energizes with vitamins B₆, B₁₂, B₅, B₇, C, pantothenic acid and iodine
- Reduces tiredness and fatigue via vitamins B₆, B₁₂, B₇, C, pantothenic acid, and rhodiola rosea

DEVELOPED FOR PRODUCTS TARGETING:

- Professionals
- Best Ager
- Seniors
- Exhausted individuals

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

Healthy ageing

SternMitoEnergy

Premix for capsules to support and improve energy metabolism

YOUR CUSTOMERS' NEEDS:

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

PRODUCT HIGHLIGHTS:

- B-vitamins and D-ribose acid to maintain mitochondrial function and performance, vital for the energy metabolism
- Vitamins C, D, E and D-ribose 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 negate superfluous mitochondrial ROS production and impairment

DEVELOPED FOR PRODUCTS TARGETING:

- Best Ager
- Seniors

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SternCogni+

Premix for capsules for improved cognitive performance and memory in old age

YOUR CUSTOMERS' NEEDS:

- Maintain cognitive performance and memory and reduce the risk of forgetfulness
- Actively participate in social life
- The right combination of micronutrients and functional ingredients to prevent memory loss

PRODUCT HIGHLIGHTS:

- B-vitamins, magnesium and calcium are associated with slowing of cognitive decline and memory loss
- The combination of vitamins B₆, B₁₂, folic acid and choline may improve memory and enhance cholinergic signaling
- Fructo-oligosaccharides as a prebiotic support the gut- and neuroimmune system function and the gut-brain axis

DEVELOPED FOR PRODUCTS TARGETING:

- Best Ager
- Seniors

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SternGutFeeling

Premix for instant drinks to support the gut immune system

YOUR CUSTOMERS' NEEDS:

- Stay healthy and maintain performance in stressful situations
- Consume gut- and immune-supporting products with functional ingredients to achieve holistic wellbeing
- Increase fibre consumption to maintain gut health

PRODUCT HIGHLIGHTS:

- Provides the most desired benefit of a health-supporting product: strengthening the immune system
- Directly supports the gut immune system through vitamins, trace elements and beta-glucan from yeast
- Boosts the growth of beneficial gut bacteria through short chain fructo-oligosaccharides, green tea and elderberry extract

DEVELOPED FOR PRODUCTS TARGETING:

- Weekend warriors
- Athletes
- Stressed-out people
- Students
- Frazzled individuals

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SternHeartV

Premix for a chocolate oat drink to support heart health

YOUR CUSTOMERS' NEEDS:

- Stay active and energetic and maximise healthy years
- Support heart health and reduce risk of cardiovascular disease
- Enjoy good-tasting plant-based products with functional ingredients

PRODUCT HIGHLIGHTS:

- B-vitamins contribute to normal homocysteine metabolism, and blood cell formation, muscle function and a strong nervous system, important for a healthy heart
- Vitamin K₁ supports the function of blood vessels
- Vitamin C improves aortic elasticity and raises the "good" cholesterol (HDL) level, both important for heart health

DEVELOPED FOR PRODUCTS TARGETING:

- Athletes
- Stressed people
- Older people
- Students
- Professionals

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SternVista

Premix for tablets to support vision and eye health

YOUR CUSTOMERS' NEEDS:

- Maintain good vision and reduce the risk of macula degeneration, cataracts and glaucoma
- Prevent irritated and dry eyes

PRODUCT HIGHLIGHTS:

- Supports eye health through vitamins A, C, D, E, B₆, B₁₂, Vitamins C, E, L, B₆, B₁₂ and bilberry extract protect cells from oxidative stress, and have anti-inflammatory properties
- DNA, RNA, lutein and zeaxanthin are components of the macular pigment and may counteract cell damage in the macula

SPECIFICALLY DEVELOPED FOR PRODUCTS TARGETING:

- Best Ager
- Seniors

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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 awaking

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 B₆ supports heart health in times of mental stress

DEVELOPED FOR PRODUCTS TARGETING:

- Athletes
- Stressed people
- Best Ager
- Students
- Professionals
- Parents

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Premix solutions

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Healthy ageing

The lifelong task of getting the right micronutrients

STERNVITAMIN
Micronutrients for a Healthy Life



Presentation

Explore the latest trends, market insights, and scientific findings on micronutrients for healthy ageing products

Healthy ageing



More information



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