

Newsletter 11/22

from the world of nutrients
with innovative product ideas



NUTRITIONAL SUPPLEMENTS IN THE FORM OF PRACTICAL TABLETS

Tablets, capsules and dragées are the most common solid dosage forms of medication. In this form the active ingredients are easy to dose, transport, have a long shelf life and it is simple to incorporate them in any daily routine. Tablets are highly popular and about 50 % of all medication today is administered in tablet form.

Biohealth has powerful high-tech equipment that can produce up to 200,000 tablets per hour and enables us to promptly supply even large requests. To achieve this high mechanical performance, the powder blend must possess the following properties:

- Good flow behaviour so that the powder pours easily into the die presses
- Good compressibility to ensure the powdered content holds together
- Form a solid compressed structure to minimise damage, e.g. during transport or packing.

At Biohealth we can offer various sizes and weights and produce round shapes with diameters including 7.5 mm, 11 mm, and 18 mm, and rectangular shapes measuring 19 x 9 mm and 24 x 12 mm.

Our tablets, chewable tablets and lozenges can be used for a variety of applications. Today, we would like to introduce our three most popular tablet products in greater detail.



BOOSTER ARGININE

The extremely nitrogen-rich semi-essential amino acid L-arginine acts as the starting material for the formation of nitrogen monoxide in the body. This acts on vascular dilation and blood pressure. This is why this amino acid is often used in the sports sector.

The tablets also contain vitamins B6 and B12, which contribute to a normal energy-yielding metabolism, and folate, which contributes to normal blood formation and amino acid synthesis.

[Product Folder](#)

MAGNESIUM TRIO TABLETS

Magnesium is responsible for essential functions in the body. It is important for muscle contraction, for communication between nerve cells and between nerve and muscle cells, as well as for heart activity. This mineral also plays a part in the formation of bones and teeth. It is also essential for fat and carbohydrate metabolism.

Our Magnesium Trio Tablets combine three different magnesium compounds in the form of magnesium malate, magnesium citrate and magnesium bisglycinate, and each tablet contains 150 mg of this essential mineral.



[Read more](#)



SORBITOL MELATONIN LOZENGE

Melatonin tablets contain the body's own hormone, melatonin, which plays a significant role in regulating your sleep-wake cycle. A balanced sleep-wake cycle is important for giving your body enough time to recuperate. This is the only way to be productive during the day and then relax for a restful night.

However, the body's own melatonin level can be negatively affected by a variety of factors such as jet lag, stress and hormonal changes, which is why it can be helpful to support your body with melatonin tablets.

[Product Folder](#)

We can provide you with high-quality supplements such as tablets, capsules and powders manufactured to the trusted 'made in Germany' standard. Biohealth produces certified nutritional supplements to boost performance, for health, beauty and weight management according to your specific formulation – as a supplement to a healthy diet.

[Request now](#)



SEASON'S GREETINGS

We are on Christmas Holidays: **Dec. 24st– Jan. 1st.**

Our team will be back on **Jan. 2nd.**

- Last goods acceptance **Dec. 16th.**
- Last shipping date **Dec. 19th.**



If you need further information on our mentioned topics or have any suggestions, please feel free to contact us!