Your experts for nutritional supplements
DOSAGE FORMS
06 Capsules, soft capsules, liquids
07 Tablets, powder

RANGE OF SERVICES
08 Contract manufacture
09 3 Steps to success
10 Production
12 Full service
13 Graphic design

SAMPLE PRODUCTS
14 Plant protein
15 Health
16 Well being
17 Beauty

QUALITY
18 Our promise
19 Our certificates

+49 (0) 9251 870 87-20
info@biohealth-int.com
www.biohealth-int.com

biohealth.international
BiohealthGmbH
BHI_Biohealth
Stefan Gebhardt
Managing Director
+49 (0) 9251 870 87-68
s.gebhardt@biohealth-int.com

Mirco Kreutz
Operations Manager
+49 (0) 9251 870 87-18
m.kreutz@biohealth-int.com

Wenzislaw Andonow
Key Account Manager
+49 (0) 9251 870 87-26
w.andonow@biohealth-int.com
ABOUT US

OUR FIELD OF ACTIVITY
The Biohealth International GmbH – BHI for short – stands as a contract manufacturer for innovative products in the fields:

• nutritional Supplements
• sports nutrition
• functional food products
• dietetic foods
  and orthomolecular products.

Together we will find individual solutions for you – from capsules to powder mixtures and liquid forms. Thanks to our many years of experience, we support you competently – from the idea to the final product.

OUR HISTORY
BHI has its headquarters in Münchberg and was founded in October 2003 by Rudolf Gebhardt as a product developer and manufacturer. From the beginnings of production in Sparneck, with only one production assistant and the family members engaged in the company from the very beginning, a flourishing company developed in July 2007 with the entry of strategic partners and the takeover of the management by the son of the company founder, Mr. Stefan Gebhardt, with today more than 200 permanent employees.

COMPANY EXPANSIONS
Due to its constantly growing customer base, BHI has continuously expanded its production capacities since its foundation.

In 2008, a further production facility was set up in Weißenstadt.

In January 2012, we decided to relocate the production completely to Münchberg and to manage the company uniformly there.

In the year 2017 the production building was extended by 1400 square meters. On two levels of the new building complex further production areas, new storage areas, a highly modern laboratory with a technical room as well as some new offices for the administration were created.

This has enabled the company to further improve its production processes, expand its machinery and introduce additional quality standards for the benefit of its customers. The location in Münchberg currently covers more than 20,000 square meters.
**BHI INTERNATIONAL**

BHI has also grown internationally. With **BHI Austria** in Salzburg, another competence centre has been created to expand our network with associated companies and cooperation partners. We work closely together on the development and distribution of new products.

**LATEST PRODUCTS**

Most recently, the idea of the company’s own **muesli bar** production was born in 2018 in Münchberg together with a local cooperation partner and realized up to series production.

Through commitment and passion, further product ideas were quickly developed. Today, various protein-containing, vegan treats and healthy snacks such as porridge can be offered.

---

**OUR PHILOSOPHY**

As a contract manufacturer of dietary supplements, medical products and dietary foods, **quality** and delivery reliability have always been our top priorities. This is how we maintain long-term customer relationships through **trust** and **reliability**. Absolute discretion in dealing with our customers' internal information is a matter of course for us. We work on the basis of our many years of experience and our highly developed wealth of knowledge on a secure process management basis.

Our endeavour is the development of innovative products in order to meet the requirements of our customers. You can always count on our partnership and teamwork, because we see ourselves as your reliable **source of ideas, co-creator and manufacturer** of your products.
Our capsules are two-part gelatine or cellulose capsules, which are used for food supplements as well as for medicines. Their main advantage is that they are easier to take, and are economical and flexible to produce. Vegetarian capsules are a gelatine-free alternative, and are becoming more and more popular because gelatine as a secondary meat product has recently decreased in popularity. An increasing number of consumers also open the capsules in order to be able to individually dose the powdered contents or to mix the ingredients, for example, with protein shakes or apple sauce. Even children and people who find it difficult to take pills prefer this dosage form as a more comfortable method.

Soft gels are one-part gelatine capsules, which are mainly used for liquid and fat-bound products. Vegetarian soft gels have already been introduced to the market, but customer acceptance has been slow. One of the advantages of the soft capsules is the possibility of precise doses of pure oils or suspensions. However, it is not possible to open soft gels, or only use a part of these, the product must always be taken whole. Soft capsules require a specialised and somewhat more complex production process than tablets or filling hard capsules, which is naturally reflected in the price.

Consumers still prefer to buy liquid food supplements, since it is assumed that substances in liquid form can be absorbed more quickly and thus better too in the body than other dosage forms. Even if this were the case, the detectable difference in nutrient intake is not sufficiently significant. For this reason, the importance of this theory should not be overestimated for liquid supplements. Furthermore, for essential nutrients, slow absorption may even be beneficial. A great advantage is the flexibility of dosage options as well as being easier to take in liquid form. Regarding raw material intake and shelf life, however, liquid preparations cannot keep up with other dosage forms. Their transport is also more difficult in practice. They are not as easy to carry as tablets or capsules and often need to be kept cool. In the case of liquid supplements, very careful production is required as this determines whether ingredients accumulate on the bottom of the container, which can prove to be problematic. Even if the container can be shaken before each ingestion, the exact distribution of the ingredients is still not guaranteed, which can lead to inaccurate dosage – in contrast to tablets or capsules.
Tablets are a common form of dietary supplement. In some cases, they contain only raw materials without excipients. Tablets, like capsules, offer long-term shelf life and retain their effectiveness longer than liquids, for example. Tablets can be produced flexibly in various sizes and formats. It should be noted, however, that overly large tablets are harder to swallow than smaller sizes. For this purpose, tablets offer less flexibility with regard to dosage compared to powders or liquids. Since everyone is well acquainted with chewable tablets, we have foregone a more detailed description. However, the more cost-intensive manufacturing process, which is expressed in price per milligram, should be mentioned here. For this purpose, tablets have the reputation of lower efficacy in an immediate comparison with other dosage forms. Usually, sugar and flavourings are added, but this is less acceptable for health-conscious consumers. Chewable tablets are preferred by children or those who have trouble swallowing tablets or capsules.

When calculated as a raw material unit, powder can be produced more cost-effectively than other dosage forms. It is also much more pleasant to take, since it can be mixed with shakes and various other fluids or even meals. In addition, powders can be dosed more flexibly than tablets or capsules, since the dosage quantity can be adapted much more simply and individually to requirements. The use of powder is particularly practical in the case of food supplements to be dosed in gram units such as creatine, protein and glutamines. For a common 5-gram dose of creatine, for example, only a small spatula of the tasteless powder, which can be added to water or juice, is required. If one tried to achieve the same dosage in capsule form, one would need ten 500mg capsules or five large-sized 1 g capsules.
HOW OUR CONTRACT MANUFACTURING ADVANCES YOUR BUSINESS

As a successful company, you have obviously thought about the following questions:
How can I extend my product range in a safe way without exposing myself to financial risks?
How can I manage order peaks without having to hire additional employees?
Contract manufacture is our solution to these problems.
We produce capsule and tablet products, powder and liquid preparations, teas and cosmetics as a finished product in almost any size and quantity. In contrast to our competitors, we are also happy to accept smaller orders. Of course, we produce these for you just as carefully and in the same quality as larger orders.
Our production is carried out on machines according to the modern standards such as Prodima mixers, semi-automated Capsugel filling machines and fully automated Pharma Tech and Bosch Harro Höfliger capsule machines. Approx. 200 trained employees work in our production department and use their professional know-how from purchasing, production and packaging to quality control for you.

THE VARIETY OF THE RANGE IS DECISIVE

We make everyday business easier for you, as a reliable partner by your side—a partner which produces packages and delivers capsules, tablets and powder products as well as liquid preparations and cosmetics in contract manufacture for you.
For your company, this means always having the same contact person at our premises, a lower workload, reliable processes and, ultimately, timely delivery.
After all, we specialize in manufacturing, packaging and delivery and can offer you this wide range of services and solutions.

BEAUTY PRODUCTS
SPORTS NUTRITION
ORGANIC PRODUCTS
VETERINARY FOOD SUPPLEMENTS
NUTRITIONAL SUPPLEMENTS
MEDICAL PRODUCTS
RANGE OF SERVICES

In addition to formula development, we also offer you the option of modifying existing formulas. Thanks to our long tradition and experience, we have approx. 1,000 standard formulas. By combining and supplementing individual modules, we can quickly and cost-effectively produce formulas that exceed comparable products and whose impact and sustainability have been tried and tested. Innovative and creative brainstorming as a team enables us to create a future-oriented new concept full of potential or to expand your product range. We can handle the complete label and packaging design for you and will ensure high-quality printing and labelling. It goes without saying that our services include the assembly and delivery of your items. As with all our other services, we also guarantee utmost care so that your only task is to look forward to the global success of your products.

VARIOUS PACKAGING OPTIONS

Convincing products require an equally appealing exterior. We can offer you a wide range of assembly and packaging options, from cans to cardboard boxes to bags and blister packs. We are happy to help you select the best packaging and adapt it to your product and requirements. Our service for you goes even further: we will tailor your products at your request with accessories such as measuring spoons, instruction leaflets or your information brochures. Of course, we comply with the legal statutory provisions and will provide you with information and applicable guidelines regarding this. When designing packaging, information such as for example the label sizes are stipulated by law. We take all this information into account when designing your packaging.
VARIETY OF RAW MATERIALS AVAILABLE
We can supply you with vitamins, minerals, plant extracts, proteins, aromas as well as all basic ingredients for the production of food supplements. With us, the substance palette ranges from A for acerola to Z for zinc. We store more than 1000 different raw material types for you at our production facility and can therefore respond to your wishes very quickly. You will also save on stock and storage costs. We are happy to provide you with a quote which is individually tailored to your requirements, order quantities and package sizes.

FLEXIBLY FULFILLING CUSTOMER WISHES
Nowadays, flexibility in manufacturing food supplements is a great advantage in remaining competitive. Some place their bets on speed and others on the lowest price. Others, by contrast, are convinced that focussing on the core business is decisive. We believe that all these arguments are correct. However, under no circumstances should one neglect to offer a wide product range that adapts to customer requirements, while maintaining consistent quality. We can provide you with all of these advantages, because our toll manufacturing process enables your company to respond flexibly, simply and rapidly to the needs of your customers.

We always have a large quantity of raw materials available, directly from our warehouse, and can offer you tailor-made packaging solutions. In this way, you are in the optimum position to deliver your products promptly and directly to your customers. With our portfolio, you will have the greatest possible freedom in decision-making and will feel safe in our hands. You will benefit from our many years of experience, our professional know-how and ISO and HACCP-certified processes, as well as our in-house, professional quality management.
FOCUS ON YOUR NEEDS

Whether you order a few kilograms or 10 tons – our fully automatic and semi-automatic filling systems can be adjusted individually to fulfil your desired order quantities. This allows us to offer anything from the **smallest batch to large-scale production**. Your advantage here is that you can react promptly, flexibly and economically to customer requests or the market. From our own experience, we know how important reliable, timely delivery can be. We guarantee this, as well as a production, filling and delivery which comply with the highest quality standards. We are happy to help you and advise you on finding the best and most effective solution.

We produce nutritional supplements in **blisters strips** as 10s, 12s, 15s or 20s for all usual capsules, tablets and soft gels as well as LiCaps capsules (other formats on request). We can fill nutritional supplements produced in contract manufacture into various containers, such as **plastic containers** and **jars**. Since we cooperate with several well-known packaging suppliers, we can fulfil practically any customer requirement. For the delivery of nutritional supplements in tablet, capsule or powder form, for example, **individual and stand-up pouches** as well as **sachets** can be a cost-effective alternative. The most cost-effective variant for the packaging of tablets and capsules is in ‘bulk’, i.e. capsules and tablets are usually packaged in bags of 15 000 and sent to our customers for assembly.
COMPLETE BUSINESS SOLUTIONS
We are happy to produce products according to your own ideas or existing formulas, as we are able to procure and process all available and approved raw materials.

WHITE LABEL
We supply you with the highest-quality bestsellers and basics of the fitness, bodybuilding and health-care industry. We will supply you with the products with your own company name. You can order products in quantities of over one packaging unit (PU, please see the price list for detailed information). Through advanced manufacturing processes and wholesale raw material procurement, we are able to guarantee you very good margins.

PRIVATE LABEL
Our great strength lies in the development of unique formulas, to separate us from the competition. Our developers have more than 25 years of professional experience, and through our global networks, we are always up to date – often even way ahead of them. You have a unique range of possibilities to make individual innovative products.
OUR IN-HOUSE GRAPHICS DEPARTMENT ENSURES PERFECT APPEARANCE OF YOUR PRODUCTS

BRAINSTORMING
Here, too, the customer is king. Of course we respond to your ideas, wishes and suggestions. We ensure that your idea is presented in a visually appealing way and that printing guidelines are adhered to. If desired we let our creativity run free and take over gladly also the complete design.

IMPLEMENTATION
Care and precision are the be-all and end-all here. In close cooperation with our printing company, we guarantee the rapid production of your print data – regardless of whether it is a small or large quantity.

FINAL PRODUCT
You think this is where the service stops? Not necessarily! On request, we can also take care of the future of your products at moderate prices. With professional product photography, the creation of flyers, brochures, folders and much more, we will be happy to help you to present your products in the best possible way to bet.
PEA PROTEIN
The pea or pea-protein is a traditional food in many countries and has a high protein content of up to 88%. This type of protein is nutritionally valuable and very well tolerated. It is also rich in essential amino acids and has a balanced amino acid profile. In addition, raw material prices have been stable for years and there are no availability problems.

- vegan
- GMO-, gluten-, lactose-, soya-free
- free of isoflavones
- rich in BCAAs and glutamine
- good solubility
- excellent tolerability

PROTEIN PIZZA
You want to eat a high protein diet, but are tired of protein shakes and similar products? Then our tasty protein pizza dough is just right for you! Due to the high protein content, the dough contributes to the build-up and maintenance of muscle mass. It is also excellent for vegans and people with gluten and/or soya intolerance.

For athletes or fitness enthusiasts who want to cover their protein needs not only through shakes, meat or dairy products, our pizza as a protein-rich diet is the perfect alternative.

- vegan
- gluten-, lactose-, soya-free
JOINT CAPSULES
The motion apparatus of humans is used daily. It is therefore necessary to provide the joints, bones and cartilages with important active ingredients in order to counteract joint problems or to reduce joint pain.

The ingredients of the product include glucosamine, chondroitin sulfate and MSM. Glucosamine is an Amino sugar, which occurs in the synovial fluid and counteracts inflammatory processes in the body. Chondroitin sulfate is a component of the cartilage. It inhibits cartilage degradation and ensures the resistance of the cartilage against pressure and stress. MSM, an organic sulfur compound, is an important component of the joint lubrication and the inner layer of the joint capsules.

INTESTINAL POWER
This product contains various useful bifidobacteria and lactobacilli which are responsible for displacing the unwanted harmful bacteria such as salmonella or putrefactive bacteria in the intestine. Furthermore, they reduce the pH value in the colon while fermenting glucose to lactic acid. They are supported by zinc and inulin. Inulin helps the bifidobacteria and lactobacilli multiply in the intestine. Zinc is a vital trace element and has a protective effect on the intestinal mucosa.
SLEEPWELL
An adequate intake of magnesium contributes, among other things, to electrolyte balance and thus as one of many factors contributing to health and a balanced body feeling. In addition to its main component magnesium, this product also contains components such as melatonin, which can contribute to falling asleep faster or even to alleviate the subjective jetlag-feeling.

RELAX
In order to relax the human body valerian root extract and magnesium are used in this supplement. Valerian root acts against internal restlessness and magnesium leads to rapid recovery and serenity in case of stress. Additionally L-Tryptophan helps to counteract mood fluctuations and depression based on its role in the biosynthesis of serotonin.

STRESS BALANCE
In order to feel good, it is inevitable to bring the body into a mental and physical balance. The high content of niacin, also known as vitamin B3, contributes to a reduction of fatigue. The combination with other ingredients such as thiamine has a positive effect on physiology.
COSMETICS
Through our variable contract manufacturing in the fields of cosmetics and liquid food supplements, your company can react permanently, flexibly, simply and quickly to customer wishes and market changes.

- Contract Manufacturing – cosmetics
- Contract manufacturing – liquid food supplements
- Product development
- Prototype fabrication
- Sample production for product tests
- Filling of already finished bulk goods and own recipes
- Individual program – exclusive small and premium series production
- Private labeling

SKIN, HAIR & NAILS ACTIVE
Shiny hair, smooth skin and even nails represent beauty and youth. In order to maintain the skin smooth and tight it's necessary to support the connective tissue and the extracellular matrix. Therefore, this product contains vitamin C which contributes to a normal collagen synthesis and a normal function of the skin. Additionally zinc and vitamin A contribute to the maintenance of normal nails and cell specialization.
YOUR SECURITY IS IMPORTANT TO US

Quality means: the customers come back, the goods don’t.
In our function as a contract manufacturer of food supplements, medical products and dietary foods, we attach great importance to ensuring professional quality management for our clients.
Our high-quality security system, which complies with all legal requirements – and, as a rule, even goes far beyond that – guarantees complete control and documentation of the individual production steps from goods receipt, to the production, packaging and dispatch of the goods.
The products manufactured by us are checked for their safety in our own and external laboratories.
All work and process procedures are performed strictly according to quality-assured protocols, and we document every step.

SPECIAL CONTROL MEASURES FOR OPTIMUM PRODUCT SAFETY

In the past we have successfully mastered every individual challenge and have acquired a wide range of knowledge. Our quality assurance procedures exceed the statutory provisions for most process steps in standard orders and our control system can also cover the monitoring of challenging special orders.

Our skilled team of experts accompanies your product through the entire manufacturing process – from the raw material to the finished product – and guides you reliably and safely through the numerous of regulations. This guarantees a constant high quality standard of your products.

FOR NUTRITIONAL SUPPLEMENTS APPLIES

There is no universal medium and no dosage form which is ideal for all consumers. Rather, the optimum solution is as unique as the consumer or target group. The success of the product also depends crucially on the conscientious consumption of the preparation.
We can help you to consider the advantages and disadvantages of different dosage forms according to your individual needs in order to find the best product for your application, and will manufacture it professionally with the highest quality.
OUR CERTIFICATES

GMP SEAL
GMP stands for „Good Manufacturing Practice“.
• independent quality management
• strict requirements regarding hygiene, temperature and humidity
• regular calibrations and maintenance of the machines
• precise documentation

EU ORGANIC SEAL
It is mandatory for all pre-packaged organic foods
• includes the prohibition of flavour enhancers, artificial flavourings, dyes and synthetic pesticides

DIETETIC FOODS
Labelling and composition are regulated in the Dietary Regulation and in several EC directives.

GERMAN STATE ORGANIC SEAL (ORGANIC ACCORDING TO THE EC ORGANIC REGULATION)
The hexagonal seal guarantees the consumer that the product was manufactured according to the legislation of the current EC Organic Regulation of organic farming.

NATURLAND SEAL
Naturland farmers and processors produce the highest-quality organic food. Their path to a sustainable economic practice is: ecological, forward-looking and fair.

THE NAME BHI STANDS FOR
• product quality and professional services
• competence built up over years, with which we shape the future
• safety guarantee through the highest quality standards, monitored through regular audits