



Press Release

Eileen Demes – Back to the top of European athletics with micronutrients

- Track and field athlete Eileen Demes relies on nutrients from MITOcare at the European Championships 2022
- A lack of nutrients not only has a negative effect on athletic performance

Munich, August 16, 2022

When track and field athlete Eileen Demes competes in the 400-meter hurdles at the European Championships in Munich's Olympic Stadium on August 17, hundreds of training kilometers lie behind the Neu-Isenburg native. "I am very happy that I can be part of this big event. 50 years after the Olympic Games in Munich, to hold a European Championships in the same place totally pushes me" says the 24-year-old.

But it is not only physical training that has brought Eileen back to the European top after her long break due to illness a good year ago and a slight capsule injury in her knee. Her change in diet, supported by micronutrients and nutritional

supplements individually tailored to her, have also helped Eileen Demes prepare. "As an athlete, you have an increased need for nutrients that is difficult to cover through your diet. A lack of micronutrients not only has a negative effect on athletic performance but can also weaken the immune system and impair regeneration" says Eileen Demes, adding "If we as athletes want our bodies to perform at their best, we also need to provide them with the best possible care. In this respect, nutritional supplements are a good addition to a healthy diet." Eileen Demes proved that she can return to her full performance, not least at the German Championships in Berlin, where she won the bronze medal.

"Thanks to the high bioavailability, the exclusively natural ingredients and the involvement of the highest medical and scientific know-how in product development, Eileen was able to sustainably strengthen her immune system and her athletic performance with MITOcare products" says Christian Burghardt, founder and CEO of MITOcare.

MITOcare has been a reliable partner of top German athletes for years when it comes to nutrients and nutritional supplements. In addition to the Bavarian Olympic Base, the Munich-based company also supports athletes such as professional soccer players Quirin Moll and Moritz Leitner and tennis player and 2013 Wimbledon finalist Sabine Lisicki.

About MITOcare

"Every person deserves to be healthy".

This is the claim of MITOcare, the innovation driver in the field of micronutrient medicine.

With our wide range of natural products and the communication of sound, scientific knowledge, we shape and help shape integrative therapeutic

approaches. All our products are developed by physicians and are continuously optimized according to the latest medical knowledge.

Our production takes place in the DACH region and thus contributes to sustainable business. With responsible packaging, with natural vegetable capsule shells and above all with bioavailable ingredients.

MITOcare was founded in 2013. The company is headquartered in Munich and currently employs 45 people. For more information about our company, philosophy and products, please visit www.mitocare.de.

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