



Press Release

Food supplementation? Yes, but correctly!

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Would you eat a raw liver every day to supply your nucleotide balance? Probably not. Nucleotides are one example of many for nutrients that our body needs – for DNA, for energy production or for growth.

In principle, our body can produce nucleotides itself, but only up to a certain amount. Often, our own production is not sufficient and we need additional nucleotides. This is where nutrition or dietary supplements can help.

However, the market for nutritional supplements is diverse and confusing. It is difficult to assess which products are right for you. This is because consumers are often unable to recognize differences in quality.

In addition to the promises on the package and the price-performance ratio, however, one point in particular is decisive in the selection of the right product: the benefit for the body. And there is a very decisive difference between complex products and monopreparations.

So what's right for me? That depends!

A monopreparation is a dietary supplement that contains only a single active ingredient and is usually offered in high doses. Typical examples are magnesium tablets, omega-3 capsules or vitamin C from the drugstore. Here, people often lack only one specific micronutrient and also need to supplement only this one.

Complex products, on the other hand, contain – as the name suggests – more than one nutrient. The products aim either to supply all substances of a group (for

example, all B vitamins) or to compensate for deficiencies (for example, due to diet, sport or illness). In the case of dietary supplements with several nutrients that are coordinated with each other, the content of the individual ingredients is usually somewhat lower than in the mono-preparation.

More ingredients have clear advantages

"Both mono and complex products have their justification" explains Christian Burghardt, founder and CEO of MITOcare and adds: "However, in order to use nutritional supplements sensibly and to derive the greatest possible benefit from them, complex products often represent the better alternative".

This is best illustrated by the mitochondria. With every breath, every movement and every thought, we consume energy. The brain alone requires an average of 500 kilocalories a day. Almost every biochemical process in the body requires energy to run. The mitochondria provide us with precisely this energy.

For them to work optimally, they need many different substances, such as the nucleotides already mentioned or vitamins, minerals, trace elements and amino acids.

To illustrate this, imagine you are boarding a plane to go on vacation. Unfortunately, the plane is not fueled, the luggage is still on the tarmac and the pilot is stuck in a traffic jam. Then there is no vacation for the time being. And it's no use loading the luggage quickly. The pilot and fuel are still missing.

It is the same when the mitochondria lack individual components. No pilot, no flight - no nutrients, no energy

Special nutrient combinations, i.e. complex products, are the solution here. Because they are tailored to the various needs of the body, such as the mitochondria.

How do we know that?

MITOcare has been involved in the research and development of micro and macronutrients for 10 years

MITOcare products are developed together with medical professionals and suitable for everyday life, sports and a better life. With a large network of doctors and therapists, its own academy and many partners, such as the Cologne List® for doping-free nutritional supplements, the Olympic Training Center Bavaria or the world champions of the German Hockey Federation, MITOcare is one of the leading providers of complex, innovative nutrients.

About MITOcare

"Every person deserves to be healthy".

This is the claim of MITOcare, the innovation driver in the field of micronutrients. Our wide range of bioactive substances and natural products has been developed together with physicians and is continuously optimized according to the latest scientific findings.

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

MITOcare was founded in 2013. The company is headquartered in Munich and currently employs 47 people. MITOcare is a member of the Association of Medium-Sized European Manufacturers and Distributors of Food Supplements & Health Products e.V. (NEM).

For more information about our company, our philosophy and our products, please visit www.mitocare.de.

Press Contact

Hans W. Friede

Senior Manager PR & Communications

Tel. +49 89 2488163345

hans.friede@mitocare.de