

PRODUCT STUDY

**BIOGENA FIT@WORK® PREMIUM GOLD**

# Top performance at work, relaxation at home\*\*

Working adults generally display high levels of stress. According to a large-scale survey published by one of Germany's health insurance providers, 75% of the workforce suffer from stress either occasionally or frequently. Stress is detrimental to performance – and not just at work. If we can't stop thinking about work in the evenings, during the weekends or while on holiday, our personal lives also suffer. What's more, stress is contagious: living with a stressed person can also lead to stress reactions in partners and children. They too respond with a heightened release of stress hormones.

Perception of stress varies from person to person. One and the same factor may be a source of worry to one person but completely irrelevant to another. This is where each individual's resilience, the ability to react appropriately to stressors, comes into play. Stress resilience is our mental resistance to high levels of stress. People who are highly resilient are able to remain calm and stable even under severe external pressure and recover comparatively quickly from the negative effects of extreme stress.

An individual's resilience is measurable and can be actively boosted. Vitamins and minerals play an important role: they control and regulate various metabolic processes and stabilize the biochemical processes in our bodies. For example, scientists have discovered that the vitamins thiamin, niacin, B6, biotin and B12 all play an important role in regulating the functions of the nervous system and the mind, that magnesium stimulates energy metabolism in the cells involved, and that zinc and selenium protect us from oxidative processes that can trigger stress.\*\*

There is a direct link (correlation) between personal resilience, stress perception and individual well-being. The lower your resilience, the higher your stress levels and the lower your well-being will be. By the same token, people who are more robust and resistant to stress have a better sense of well-being and get more out of life.

**The product survey**

The goal of this study was to find out whether a regular intake of Biogena fit@work® Premium Gold has a measurable influence on the resilience, stress levels and well-being of working people. The study documented the resilience scores, stress levels and well-being of 204 healthy working adults. All the participants took two capsules of Biogena fit@work® Premium Gold per day for a total of eight weeks.

**The results**

At the beginning of the study, 159 participants (78%) displayed reduced resilience, 178 (87%) indicated heightened stress levels and 154 (76%) stated that their well-being was poor. After ta-

king Biogena fit@work® Premium Gold for eight weeks, the subjects' resilience increased by 13% (Fig. 1), their stress levels dropped by 43% (Fig. 2) and their well-being improved by 78% (Fig. 3). There was also evidence of a direct link between resilience, stress and well-being, with highly significant correlations between the individual scores.\*\*



**Fig. 1:** Resilience represents an individual's resistance to stress. After taking Biogena fit@work® Premium Gold, the subjects' resilience increased from an average of 58.8 to 66.5 points on the resilience scale (RS-13). This represents a 13% improvement. On average, the participants reached the normal resilience range after eight weeks.\*\*



**Fig. 2:** The stress score indicates the severity of the individual's stress levels. After taking Biogena fit@work® Premium Gold for eight weeks, participants' average stress score dropped from 26.7 points (severe stress) to 15.2 points (mild stress) on the DASS stress scale. This represents a 43% reduction in stress.\*\*

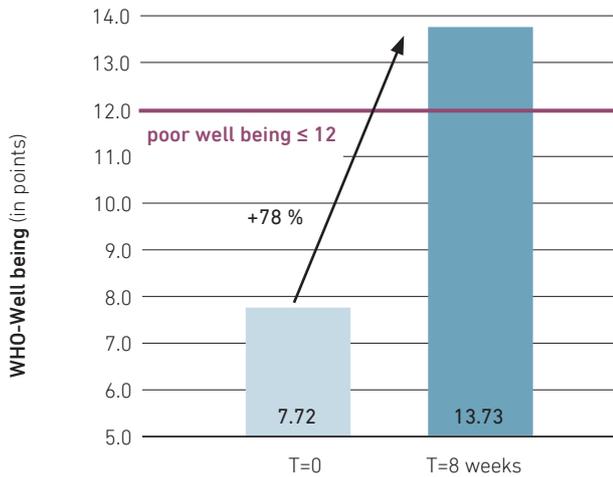


Fig. 3: The WHO 5 index is used to assess well-being and quality of life. At the beginning of the study, the mean score was 7.7 points, indicating poor well-being and a low quality of life. After using Biogena fit@work® Premium Gold for eight weeks, the score rose to 13.7 points. This represents a 78% increase. On average, the participants thus achieved a good sense of well-being by the end of the trial period.\*\*

### Conclusion

Not only are high stress levels at work a risk factor for health and performance, work-related stress also has an impact on our personal lives. Stress is contagious and affects our partners and families too.

In our study, we demonstrated that stress has a severe impact on the quality of life and well-being of healthy working people. Taking a special composition of vitamins, minerals and coenzyme Q10 (Biogena fit@work® Premium Gold) for eight weeks increased the test subjects' resistance to stress (resilience), thus lowering their stress levels and ultimately improving their well-being and quality of life.\*\*

This data provides a further indication that the targeted intake of micronutrients can contribute significantly to increasing mental and physical resistance to stressful situations. Higher resilience leads to a lower perception of stress and makes life more enjoyable – both at work and at home.\*\*

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\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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