

**milgamma® protekt**

**Tingling?  
Burning sensation?  
Numbness?  
Act now!**



as seen on  
**TV**



**milgamma® protekt**  
for the treatment of nerve damage  
caused by vitamin B1 deficiency

**Suitable for people with diabetes**

## **Nerve damage (neuropathy)**

Tingling, burning sensations, numbness – when your feet sound the alarm, it is often a sign of nerve damage. Physicians call this condition neuropathy. The complaints caused by the disease often first appear in the feet. They can become tortuous during sleepless nights, and make everyday life extremely stressful for those affected.

At the same time, nerve damage often also makes feet less sensitive to pain, pressure and temperature. This creates a risk of injuries being discovered too late and becoming infected.

**Developing neuropathy often remains unnoticed for long periods.** This means you should remain watchful and consult your treating physician if you notice any of the early warning signs.



**tingling**

**burning sensation**

**numbness**

## **Nerve damage as a consequence of vitamin B1 deficiency**

What many don't know: vitamin B1 deficiency can be the cause of nerve damage – because vitamin B1 is essential for nerve health. If the tender nerve fibres do not receive a sufficient supply, their function can be severely disrupted and damage can occur as a result.

### Risk factor diabetes

People with diabetes are at increased risk of developing nerve damage because of their condition. This means that people with diabetes should take special care of their feet.

In addition, increased blood sugar levels can lead to an increased demand for vitamin B1 by the body.

At the same time, people with diabetes also excrete it at a higher rate, which can lead to a severe deficiency in vitamin B1, a substance essential for nerve health.

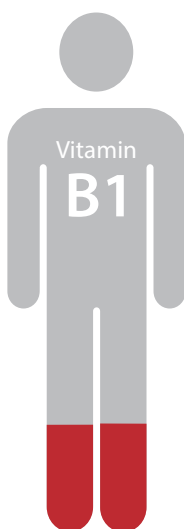
A study has shown that the blood plasma concentration of vitamin B1 in people with diabetes was on average 75 % lower than in healthy subjects.<sup>1</sup>

**It is therefore particularly important for people with diabetes to address vitamin B1 deficiency.**

Healthy person



Person with diabetes



**-75 %**

## Vitamin B1 in your diet

Many foods contain vitamin B1, but only in very small amounts. Good sources of vitamin B1 include seeds, pork, pulses and wholemeal products. Because vitamin B1 is water soluble and heat sensitive, however, considerable losses can occur during food preparation.<sup>2</sup>



In Germany, about 21 % of men and 32 % of women are not reaching their recommended daily vitamin B1 intake. In those aged 65 – 80, the proportion of women who don't reach the recommended intake is even as high as 40 %.<sup>3</sup>

**Among people with diabetes, the situation regarding supply levels is even more critical:** their increased vitamin B1 requirement can usually not be covered by a normal diet. A study has also shown that people with type 2 diabetes often take up less vitamin B1 with their food than healthy subjects.<sup>4</sup>

## Use benfotiamine to fight vitamin B1 deficiency!

To alleviate an existing vitamin B1 deficiency, and to counteract the nerve damage it causes, it is recommended that people with diabetes use a pharmacy-only supplement – e.g. **milgamma® protekt** with benfotiamine as its unique active ingredient.

## How does milgamma® work?

**milgamma® protekt** is an over-the-counter medicine for the treatment of neuropathy caused by a vitamin B1 deficiency. It contains the unique substance benfotiamine as its active ingredient. Benfotiamine is a precursor to vitamin B1, which is converted into the active form of the vitamin inside the body. Due to its special properties, benfotiamine can be absorbed by the body 5 times better than vitamin B1 itself.<sup>5</sup>



**milgamma® protekt** alleviates vitamin B1 deficiency, combating one of the possible causes of nerve damage, also called neuropathy. It can remedy the cause of unpleasant complaints such as tingling, burning sensations and numbness of the feet.

Further information available at

**[www.milgamma.de](http://www.milgamma.de)**

**Tip:** Watch our easy-to-understand explanation video on YouTube (enter the search term „milgamma“ or simply scan the QR code):  
[www.youtube.com/watch?v=p6tgQsiBBO4](http://www.youtube.com/watch?v=p6tgQsiBBO4)



# Your best option for nerve damage due to vitamin B1 deficiency



**Made in Germany**

<b>30</b> film-coated tabs	PZN 01528157
<b>60</b> film-coated tabs	PZN 17414438
<b>90</b> film-coated tabs	PZN 01529731

## People with diabetes have an increased risk of vitamin B1 deficiency<sup>1</sup>

- **milgamma® protekt alleviates vitamin B1 deficiency as a cause of neuropathy**
- **Can alleviate symptoms such as numbness, tingling or burning sensation**
- **Suitable for people with diabetes, mild acting**
- **Long-term use recommended\***
- **Sufficiently high dosage, just 1 tablet per day**

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\* for a minimum of 3 weeks

1 Thornalley et al. High prevalence of low plasma thiamine concentration in diabetes linked to a marker of vascular disease, Diabetologia 2007, 50:2164-2170

2 Hahn, Ströhle, Wolters. Nutrition - physiological principles, prevention, treatment. 3rd Edition. WVG 2016.

3 Max Rubner Institute, German Federal Research Institute for Nutrition and Food. National Consumption Study II, Findings Report, Part 2, 2008.

4 Wong et al. Daily intake of thiamine correlates with the circulating level of endothelial progenitor cells and the endothelial function in patients with type II diabetes, Mol Nutr Food Res 2008;52(12):1421-7.

5 Schreeb et al. Comparative bioavailability of two vitamin B1 preparations: benfotiamin and thiamine mononitrate. Eur J Clin Pharmacol 1997, 52:319-320

### **milgamma® protekt**

**Active ingredient:** benfotiamine. **Scope of application:** Treatment of neuropathy and cardiovascular disorders caused by vitamin B1 deficiency. Treatment and prophylaxis of clinical vitamin B1 deficiency where it cannot be alleviated nutritionally. **For risks and side effects, please read the package insert and consult your physician or pharmacist.** Wörwag Pharma GmbH & Co. KG, Calwer Str. 7, 71034 Böblingen

