



Boosting freshness with BioFresh

BioFresh:  
Longer storage life

**LIEBHERR**

Quality, Design and Innovation



## BioFresh: Boosting freshness in the perfect climate

**BioFresh compartments** ensure the perfect climate for keeping your food fresh for longer. With the temperature maintained at just above 0°C and at an ideal humidity level, fruit, vegetables, meat, fish and dairy products retain their healthy vitamins, minerals, delicate flavour and attractive appearance significantly longer than in a conventional fridge, Liebherr's BioFresh technology provides perfect storage: The **low humidity DrySafe** is ideal for storing meat, fish and dairy products, which should always be wrapped airtight. Fruit and vegetables are best kept in the **HydroSafe with a high level of humidity**. Fruit and vegetables should be placed unwrapped in the drawer to allow the humidity to circulate. Precision electronics ensure that the temperature is accurately maintained just above 0°C to prevent your food from freezing. With the adjustable temperature range of 0°C and -2°C **BioFresh-Plus** offers even more flexibility.

# Fresh market produce – nature's vitamins and minerals

<b>Vitamin A</b>	Required for vision, growth and development of embryo and fetus. Helps cells reproduce normally
<b>Vitamin B1</b>	Aids the nervous system
<b>Vitamin B2</b>	Process amino acids and fats
<b>Vitamin B3</b>	Maintains the health of nerves and the digestive system
<b>Vitamin B5</b>	Essential for antibody formation, assists in keeping a healthy skin
<b>Vitamin B6</b>	Builds and repairs muscular tissue, healthy skin and the nervous system
<b>Vitamin B12</b>	Promotes growth; supports making red blood cells
<b>Vitamin C</b>	Forms and maintains collagen; combats infection and heals wounds
<b>Vitamin D</b>	Builds strong bones
<b>Vitamin E</b>	Protects cell walls; benefits skin, muscles and nerves as well as the cardiovascular system
<b>Vitamin K</b>	Helps with blood clotting; builds teeth and bones
<b>Folic acid</b>	Natural B vitamin; aids cell replication and growth
<b>Niacin</b>	Controls the release and provision of energy; aids the function of the nervous system and gastro-intestinal tract
<b>Pantothenic acid</b>	Supports detoxification of the body; promotes resistance to infection and hair growth

<b>Calcium</b>	Builds bones and teeth; helps regulate muscle contraction and blood clotting
<b>Chromium</b>	Enhances insulin activity; helps regulate blood sugar level
<b>Copper</b>	Benefits hair and skin colour; assists in growth and function of nerves
<b>Fluoride</b>	Hardens bones and tooth enamel
<b>Iodine</b>	Maintains the connective tissue; benefits connection of tendons and ligaments; helps mental development of the fetus
<b>Iron</b>	Constituent of haemoglobin
<b>Magnesium</b>	Promotes growth; maintains strong bones and teeth; relaxes muscles; promotes healthy heart and nervous system
<b>Manganese</b>	Helps in utilization of protein; for healthy nerves, good joints, stable bone structure; helps form thyroid hormones
<b>Molybdenum</b>	Maintains overall health
<b>Potassium</b>	Regulates water balance, acidity levels and blood pressure
<b>Phosphorus</b>	Strengthens bones and teeth; assists in production of genetic material
<b>Selenium</b>	Protects against free radicals
<b>Silicon</b>	Improves strength of tissues and arteries; assists hair and nail growth
<b>Sodium</b>	Maintenance of normal fluid balance
<b>Sulphur</b>	Helps form interarticular cartilage of bones, tendons and the entire bone structure
<b>Zinc</b>	Helps heal wounds; fortifies the immune system

## Main constituents

## Storage life (days)

Vegetables / HydroSafe	Minerals	Vitamins	Fridge	BioFresh Bio Fresh	BioFresh-Plus Bio Fresh-Plus
Artichoke	iron, fluoride	A, B1, B2, C	7	14	14 (0°C)
Asparagus	copper, magnesium	B1, C, K	10	18	18 (0°C)
Beans	magnesium, manganese	A, B2, folic acid	6	11	11 (0°C)
Bean sprouts	sodium, potassium, phosphorus	B1, B2, B3, B5, B6, C, E	2	7	7 (0°C)
Beetroot	iron, manganese	Prov. A, folic acid	6	18	18 (0°C)
Broccoli	iron, iodine	C, folic acid, K	5	13	13 (0°C)
Brussel sprouts	manganese, zinc	C, E, K	11	20	20 (0°C)
Carrot	potassium, calcium	A, C, D, E	50	80	80 (0°C)
Cauliflower	potassium, magnesium	C, E, folic acid, K	12	21	21 (0°C)
Celery	iron, calcium, potassium	A, B3, B5, C, E, folic acid	13	28	28 (0°C)
Chard	magnesium, manganese	A, B1, B2, C	6	10	10 (0°C)
Chicory	potassium, manganese	B1, B2	18	27	27 (0°C)
Fennel	magnesium, manganese	Prov. A, B1	13	28	28 (0°C)
Garlic	potassium, manganese	B6, C, ajoen	80	160	160 (0°C)
Herbs	potassium, calcium	A, B1, B2, B3, B5, C, E	6	13	13 (0°C)
Kohlrabi	iron, magnesium	B1, B2, B6, C	29	55	55 (0°C)
Lamb's lettuce	iron, fluoride	A, C, E, folic acid	7	19	19 (0°C)
Leek	calcium, magnesium	B1, E, folic acid	15	29	29 (0°C)
Lettuce	iron, potassium, manganese	A, E, folic acid	5	13	13 (0°C)
Mushrooms	iodine, potassium, copper	B1, B2, D, K	3	7	7 (0°C)
Onion	potassium, zinc	A, B1, B2, C, E	15	28	28 (0°C)
Peas	copper, magnesium	A, B1, B2	7	14	14 (0°C)
Potato	copper, magnesium	B1, B2, B6, C	•	•	•
Radish	potassium, manganese	Prov. A, C	18	27	27 (0°C)
Rhubarb	calcium, magnesium, phosphorus	B3, B5, C, folic acid	7	13	13 (0°C)
Spinach	iodine, magnesium	A, E, folic acid, K	5	13	13 (0°C)
Sweet corn	potassium, phosphorus, magnesium	A, B1, B2, B3, B5, B6, B7	2	5	5 (0°C)

Fruit / HydroSafe	Minerals	Vitamins	Fridge	BioFresh	Bio-Fresh-Plus	Bio-Fresh-Plus
Apple	iron, potassium	A, B1, biotin	50	80	80 (0 °C)	
Apricot	potassium, copper	A, B1, B2, E	7	13	13 (0 °C)	
Banana	magnesium, manganese	B1, B6, biotin	•	•	•	
Blackberries	iron, potassium, calcium	C, folic acid	1	3	3 (0 °C)	
Blueberries	manganese, zinc	B1, B2, B6, C, E	4	9	9 (0 °C)	
Cherries (sweet)	iron, potassium	B1, B2, B6, C	7	14	14 (0 °C)	
Coconut	magnesium, calcium, manganese	A, B1, B2, B6, C, folic acid	19	30	30 (0 °C)	
Cranberries	iron, copper, manganese	C, E	40	60	60 (0 °C)	
Currants	iron, zinc	B1, B2, B6, C, E	3	7	7 (0 °C)	
Fig	iron, potassium, calcium	A, C, biotin	3	7	7 (0 °C)	
Grapes	iron, potassium	C, E, folic acid	12	29	29 (0 °C)	
Kiwi	calcium, magnesium	A, C, K	40	80	80 (0 °C)	
Mango	magnesium, zinc	A, C, E	•	•	•	
Morello cherries	iron, potassium	A, B1, B2, folic acid	4	7	7 (0 °C)	
Nectarine	iron, potassium	A, B1, niacin	5	13	13 (0 °C)	
Peach	potassium, zinc	B1, B2, B6, E, K	5	13	13 (0 °C)	
Pear	calcium, magnesium	B1, B2, B6, E	26	55	55 (0 °C)	
Plum	iron, potassium, copper	B1, B2, B6, E, K	10	20	20 (0 °C)	
Raspberries	calcium, magnesium	A, B6, C, folic acid	1	3	3 (0 °C)	
Strawberries	manganese, zinc	C, K, folic acid	3	7	7 (0 °C)	

Cheese / DrySafe	Minerals	Vitamins	Fridge	BioFresh	Bio-Fresh-Plus	Bio-Fresh-Plus
Alpine cheese	iodine, phosphorus, zinc	A, B2, D	10	110	110 (0°C)	
Brie	calcium, sodium	A, B2, B6, B12, D	4	20	20 (0°C)	
Cheddar	iodine, calcium, sodium	A, B2, B12, E	10	110	110 (0°C)	
Edam	calcium, copper	A, B2, B12	10	120	120 (0°C)	
Emmental	copper, sodium	A, B2, B12, D	10	110	110 (0°C)	
Feta	phosphorus, zinc	A, B2, B12	4	20	20 (0°C)	
Full fat cheese	chlorine, zinc	B12, D, niacin	7	70	70 (0°C)	
Gorgonzola	chlorine, sodium, potassium	B1, B2, B6, beta-carotene	7	70	70 (0°C)	
Gouda	iodine, phosphorus, zinc	A, B2, B12, D	10	120	120 (0°C)	
Mozarella	sodium, calcium, potassium	A, B1, B2, B6, D, E	3	10	10 (0°C)	
Parmesan	iron, iodine, calcium	A, B2, B12, D	10	110	110 (0°C)	
Raclette	chlorine, sodium, zinc	A, B2, B12	10	120	120 (0°C)	
Ricotta	calcium, copper	A, B2, B12	3	10	10 (0°C)	
Tilsit	chlorine, calcium, zinc	A, D, folic acid	10	120	120 (0°C)	

Dairy products / DrySafe	Minerals	Vitamins	Fridge	BioFresh	Bio Fresh	BioFresh-Plus	Bio Fresh-Plus
Butter	phosphorus, zinc	A, D, E, K	30	90		90 (0°C)	
Buttermilk	potassium, zinc	A, B2, E	3	12		12 (0°C)	
Cream	phosphorus, zinc	A, D, E	4	7		7 (0°C)	
Cream cheese	iron, phosphorus, zinc	folic acid	3	10		10 (0°C)	
Egg, raw	iron, selenium, calcium	B12, biotin, D, K	15	45		45 (0°C)	
Egg yolk/egg white	zinc, copper, sodium, potassium	A, B1, B6, folic acid	•	4		4 (0°C)	
Milk	potassium, calcium	A, B2, D, K	3	12		12 (0°C)	
Quark	calcium, potassium, phosphorus	B1, B2, B3, B5, C, E	3	10		10 (0°C)	
Yoghurt	phosphorus, zinc	A, B2, K	3	12		12 (0°C)	

Fish and seafood / DrySafe	Minerals	Vitamins	Fridge	BioFresh	Bio Fresh	BioFresh-Plus	Bio Fresh-Plus
Clams	chlorineid, iron, fluoride	B2, B12, folic acid	1	3		6 (-2°C)	
Cod	iron, fluoride	A, B12, D, E	1	2		4 (-2°C)	
Dorado	potassium, magnesium	B2, D, E	1	2		4 (-2°C)	
Eel	fluoride, iodine, sodium	A, B2, B12, D, E	1	2		4 (-2°C)	
Herring	sodium, phosphorus	B12, D, E	1	2		4 (-2°C)	
Lemon sole	sodium, calcium, magnesium	B1, B2, B6, pantothenic acid	1	2		4 (-2°C)	
Lobster	fluoride, iodine, zinc	B2, B6, B12, D	1	2		4 (-2°C)	
Monkfish	fluoride, zinc	A, B2, B12, D	1	2		4 (-2°C)	
Ocean perch	potassium, phosphorus, zinc	A, B2, B12, D, E	1	2		4 (-2°C)	
Oysters	iron, fluoride	A, B2, B12, D	1	3		6 (-2°C)	
Pike perch	fluoride, iodine, zinc	A, B2, D, E	1	2		4 (-2°C)	
Plaice	iron, fluoride	A, D, E	1	2		4 (-2°C)	
Pollock	iron, potassium, zinc	A, B2, B12, D	1	2		4 (-2°C)	
Salmon	potassium, zinc	A, D, E, H	1	2		4 (-2°C)	
Scampi	iron, fluoride, iodine	B2, B12, E	1	2		4 (-2°C)	
Sea bass	iron, fluoride, iodine	A, B12, D, E	1	2		4 (-2°C)	
Shrimp	magnesium, zinc	B2, B12, E	1	2		4 (-2°C)	
Sole	fluoride, iodine, zinc	A, B2, B12, D	1	2		4 (-2°C)	
Swordfish	potassium, zinc	A, B2, B12, D	1	2		4 (-2°C)	
Trout	copper, phosphorus, zinc	A, B2, B12, D, E	1	2		4 (-2°C)	
Tuna	sodium, potassium, calcium	A, B1, B2, D	1	2		4 (-2°C)	
Turbot	iodine, magnesium, zinc	B2, B12, D	1	2		4 (-2°C)	

Meat / DrySafe	Minerals	Vitamins	Fridge	BioFresh	Bio Fresh	BioFresh-Plus	Bio Fresh-Plus
Beef	potassium, phosphorus, zinc	B6, B12, niacin	1	7		7 (0°C)	
Game	potassium, phosphorus, sulphur	B1, B2, B3, B5, B6, C, E	1	7		7 (0°C)	
Lamb	iron, fluoride, potassium	B1, niacin	1	7		7 (0°C)	
Minced meat	potassium, sulphur, phosphorus	B2, B3, B5, B6, E	•	2		2 (0°C)	
Offal	potassium, phosphorus, sulphur	A, B2, B3, B5, C, E	1	2		2 (0°C)	
Pork	iron, zinc	B1, B12, niacin	1	7		7 (0°C)	
Poultry	sulphur, potassium, phosphorus	A, B3, B5, B6, E	1	6		6 (0°C)	
Veal	pan. acid, potassium, phosphorus	B1, B2, B6, E-active	1	7		7 (0°C)	

Sausage / DrySafe	Minerals	Vitamins	Fridge	BioFresh	Bio Fresh	BioFresh-Plus	Bio Fresh-Plus
Bacon	sodium, chlorine, potassium	A, B3, B5, B6, C, E	2	13		13 (0°C)	
Bratwurst	phosphorus, calcium, magnesium	A, B1, B2, B6, C, E	1	9		9 (0°C)	
Ham	phosphorus, zinc	B1, B2, B6, B12	1	9		9 (0°C)	
Liver sausage	sodium, chlorine, potassium	A, B3, C, E	1	9		9 (0°C)	
Mettwurst	sodium, chlorine, potassium	B1, B2, B3, B5, B6, E	9	20		20 (0°C)	
Mortadella	chlorine, sodium, potassium	A, B1, B2, B3, B5, B6, C, E	1	9		9 (0°C)	
Salami	sodium, chlorine, potassium	B1, B2, B3, B5, B6, E	80	180		180 (0°C)	
Wiener sausage	iron, sodium, phosphorus, zinc	A, D, E, K	1	9		9 (0°C)	

All values are standard and vary on an individual basis depending on the variety and proper storage with an uninterrupted cooling chain from harvesting/producer to the Liebherr BioFresh refrigerator!

For all foodstuffs with an expiry date, the date on the package applies. The foods marked by • are not suitable for storage in the refrigerator or BioFresh compartment as marked.

Sources: Vitamins & Mineral Nutrients, aid – Käsesteckbrief – 56 Sorten Käse in Wort und Bild (Cheese Characteristics – 56 Cheese Types, Text and Images), aid – Steckbrief – Fische, Krebs- und Weichtiere (Fish, Crustacean and Mollusc Characteristics), Dipl. oec. Troph. Petra Hopfenitz "Mineralstoffe" (Mineral Nutrients), GU, Dipl. oec. Troph. Ulla Unger-Göbel "Vitamine" (Vitamins), GU

# LIEBHERR

Quality, Design and Innovation

# Valuable ingredients need the right storage



In addition to supplying vitamins, minerals and healthy carbohydrates, **fruit and vegetables** offer a wide variety of secondary plant substances. This bio-power helps build resistance and has a beneficial effect on the circulatory system. As with other foods, the quality and health value of fruit and vegetables depends on their storage. Perfect storage conditions for preventing drying and preserving vital substances are given at temperatures just above 0 °C and at a high humidity level. These ideal conditions are beneficial particularly for the content of vital vitamin C.

Natural protein, found in abundance in **meat, cheese and dairy products**, is fuel for your body. The storage of meat products is very demanding when it comes to temperature and humidity. The BioFresh DrySafe offers the ideal environment: low humidity and low temperature reduce the activity of micro organisms that cause food to perish, providing extra-long storage life. The dry BioFresh compartment is also the ideal environment for cheese, milk and yoghurt.

**BioFresh-Plus** offers even more flexibility for the individual storage of food. The adjustable temperature range of 0°C and -2°C keeps various food, such as fruit, vegetables, fish and seafood, as well as meat and dairy products, fresh for significantly longer than in a conventional refrigeration compartment.

The BioFresh-Plus safe includes a versatile **Fish & Seafood Box**. In it, your fish and seafood are kept fresh for significantly longer in their optimal temperature range of -2°C. For example, if a small amount of fish is stored, the regulator is set to 0°C/-2°C and the box is placed in the right side of the safe. Alternatively, the Fish & Seafood Box can also be used for the storage of fruit, vegetables, dairy products, cold meats or meat. When required, it can be removed and easily cleaned. If more space is required for fish and seafood, the entire safe can be cooled to -2°C.



## BioFresh App

Useful information about optimised food storage, vitamins and minerals. [apps.home.liebherr.com](http://apps.home.liebherr.com)



Discover the world of Liebherr-Appliances with the latest interesting news, stories, valuable tips and tricks on food storage, recipes and lots more besides!  
[socialmedia.home.liebherr.com](http://socialmedia.home.liebherr.com)

