



Iron helps in the proper production of red blood cells and hemoglobin. Iron is an element involved in many processes in the body. It is part of the oxygen transporting hemoglobin. It helps in the proper production of red blood cells and hemoglobin and the proper transport of oxygen in the body. Vitamin C increases the absorption of iron and helps in the proper production of collagen to ensure the proper functioning of blood vessels. Vitamin B6 helps in the proper production of red blood cells and contributes to the maintenance of normal protein and glycogen metabolism. Vitamin B12 helps in the proper production of red blood cells and plays a role in the process

of cell division. The ingredients of the preparation support the proper functioning of the immune system and contribute to the maintenance of proper energy metabolism.

Ingredients:

Iron (II) bisglycinate – iron chelate (36%), bulking agent: cellulose, gelatin (shell component), L-ascorbic acid, anti-caking agent: magnesium salts of fatty acids, pyridoxine hydrochloride, cyanocobalamin, dye: iron oxides and hydroxides, dye : titanium dioxide. The daily dose (1 capsule) contains:

Iron	20 mg (142,9%*)
Witamin C	80 mg (100%*)
Witamin B6	1,4 mg (100%*)
Witamin B12	2,5 µg (100%*)

*% of the nutrient reference value

Recommended intake:

Adults – 1 capsule daily with a meal. Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a balanced diet and a healthy lifestyle.

Application:

the preparation is recommended to supplement the diet with iron and vitamins C, B6 and B12. It is especially recommended for pregnant women and women with heavy

menstruation.

Storage:

at room temperature, in a dry and dark place. Dietary supplements should be stored out of the reach of small children.

Country of origin: Poland.

Pack:

- 36 capsules

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