



## Iron Capsules

Nutritional supplement  
vegan

### Useful information:

Iron is an essential trace element, required for many functions within the body.

- The formation of red blood cells and haemoglobin
- A normal metabolic energy rate
- The normal function of the immune system
- Reduction of tiredness and fatigue.

**In particular** women during menstruation, pregnancy and lactation and people with one-sided eating habits should always ensure that they have a sufficient supply of iron. Just one Sanct-Bernhard Iron Capsule every day provides an adequate amount of this important trace element, with 183 mg of optimally available iron(II)-gluconate, corresponding with 20 mg pure iron.

### Ingredients:

Iron(II) Gluconate, Corn Starch, Hydroxypropylmethylcellulose, separating agent Magnesium Stearate.

	per capsule (= daily dose)	% of the recommended daily requirement according to NRV*
Iron	20 mg	143

\* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

### Recommended dose:

take 1 capsule once per day at a mealtime with sufficient liquid. The capsule should be taken with a fruit juice containing vitamin C or with vitamin C tablets for better absorption.

This product is not suitable for children.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. To be stored out of reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

**Contents 120 capsules = 49 g**

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