



Iron (45 mg) with Vitamin C and Parsley

Food supplement for the normal formation of red blood cells and hemoglobin

- Includes ferrous bisglycinate (Ferrochel™)
- Easily absorbed
- Less gastric upset
- Suitable for people who have a sensitive stomach
- Contains 60 hard capsules (lasts for 2 months)
- Suitable for vegans

Iron (45 mg) with Vitamin C and Parsley hard capsules are suitable for:

- Raising the level of haemoglobin in the blood
- Relieving tiredness and fatigue



Ferrous bisglycinate (Ferrochel™)

- With good absorption and bioavailability⁽¹⁾
- Causes less indigestion compared to inorganic iron salt⁽¹⁾
- Does not react with other nutrients or interfere with their absorption⁽¹⁾

Iron

- Iron contributes to the normal formation of red blood cells and hemoglobin⁽²⁾
- Iron promotes the normal transport of oxygen in the body⁽²⁾
- Iron helps reduce fatigue and exhaustion⁽²⁾



Parsley (*Petroselinum crispum*)

- Rich in vitamins C, K and A and minerals calcium, iron, magnesium and folate.⁽³⁾

Vitamin C (L-ascorbic acid), 100 mg

- Increases iron absorption⁽²⁾
- Helps reduce exhaustion and fatigue⁽²⁾

⁽¹⁾ Milman N. et al. (2014), „Ferrous bisglycinate 25 mg iron is as effective as ferrous sulfate 50 mg iron in the prophylaxis of iron deficiency and anemia during pregnancy in a randomized trial.“ J Perinat Med.

⁽²⁾ EFSA, Health claims accepted by the *European Union Food Safety Agency*, Commission Regulation (EU) nr 432/2012.

⁽³⁾ Herbs: Composition and Dietary Importance, (2006) - *Encyclopedia of Food and Health*, Academic Press, lk 332-337.

DIRECTIONS FOR USE:

For adults 1 capsule per day with water. For better absorption take it on an empty stomach. Avoid tea, coffee, milk and/or other calcium including products 2 hours before and after swallowing a capsule.

If you are pregnant or breastfeeding, have a consultation with your doctor before using Iron 45 mg with Vitamin C and Parsley capsule.

INGREDIENTS:

Ferrous bisglycinate chelate (Ferrochel®), L-ascorbic acid, hydroxypropyl methylcellulose (capsule shell), parsley (*Petroselinum crispum*) powder, magnesium stearate (anti-caking agent), silicon dioxide (anti-caking agent).

Ferrochel™ is a trademark of Albion Laboratories, Inc.

THE PRODUCT DOES NOT CONTAIN:

Artificial flavors, flavorings or preservatives, food colors, sweeteners, sugar, gluten, fish, soy, egg, lactose, nuts, sulfites or genetically modified ingredients.

WARNINGS:

More than 20 mg of iron per day can cause mild indigestion in people with sensitive gut. The food supplement is not intended to replace a varied diet! It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded!

STORAGE CONDITIONS:

Store in the original package and at a temperature of 5-25°C protected from moisture and direct sunlight. Keep out of the reach of children!

ADDITIONAL INFORMATION:

Country of origin: EU

Net weight: 60 hard capsules (30 g)

Size of the capsule: 0

Package: PET bottle with screw cap

Amount per serving	1 capsule	%NRV*
Iron (Fe2+)	45 mg	321%
Vitamin C	100 mg	125%

* Nutrient reference value