

Iron with Vitamin C



For a good iron supply and normal haemoglobin values

Active and fit with iron

Biogena Eisen & Vitamin C supplies people who have an increased iron requirement with the trace element iron in a targeted manner so that they can remain active, healthy and fit. Iron is an integral component of red blood cells and it is needed by the body for formation of blood and the transport of oxygen. The immune system also relies on sufficient iron quantities.

Iron with vitamin C for better uptake

Biogena Eisen & Vitamin C supplies iron that is easily absorbed by the body. The vitamin C contained improves the absorption of iron in the body. Buffered vitamin C has a more or less neutral pH value because it is bound to the mineral calcium and is a well tolerated form of vitamin C.

Functions of the vital substances contained:

- Iron is a key trace element for the formation of blood
- Iron and vitamin C help reduce tiredness and fatigue
- Iron supports the normal function of the immune system and is important for physical and mental performance
- Vitamin C increases iron absorption

Possible uses:

- To improve the intake of iron in the case of an increased iron requirement – e.g. due to sports or growth, during pregnancy and while breastfeeding
- For the targeted intake of iron following the loss of blood, e.g. heavy periods or after surgery
- For the supplementary iron intake for people on a vegetarian diet

Bioavailable micronutrients in a pure form

- Pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	1 Capsule	% NRV*
Iron	15 mg	107
Vitamin C	150 mg	188

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Calcium-L-ascorbate, bulking agent: powdered cellulose, ferrous bisglycinate, hydroxypropyl methyl cellulose (capsule shell).

RECOMMENDED DOSAGE

1 capsule daily taken outside mealtimes with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC


PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 26 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 30.11.2018.



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