

## Iron Complex 60 Caps

EAN: 8711827073338

FABRICANTE: BONUSAN



*Bonusan Iron Complex is an iron supplement in the best-absorbed form: iron bisglycinate. This total formula, developed by health professionals, contains all the essential cofactors to increase iron assimilation, such as vitamin C. Of course, without unnecessary additives.*

### DESCRIPTION

Bonusan Iron Complex contains iron bisglycinate, the most easily absorbed form of iron. Iron bisglycinate is rapidly absorbed and causes fewer side effects than other forms. In addition, this total formula contains all the important cofactors and synergists, such as vitamins B<sub>6</sub>, B<sub>12</sub> and C.

Bonusan Iron Complex has been developed by healthcare professionals and is produced in our own factory in the Netherlands. The only additive is ascorbyl palmitate, a natural form of vitamin C included in these easy-to-swallow vegetable capsules. Bonusan Iron Complex is a convenient and effective way to top up your iron stores.

- **The best absorbed form of iron** : Iron bisglycinate has high bioavailability.
- **Less discomfort** : Iron bisglycinate is rapidly assimilated and causes fewer gastrointestinal problems than other forms.
- **Natural adjuvants** : The only additive included in Bonusan Iron Complex is ascorbyl palmitate, a natural form of vitamin C.
- **In vegetable capsules** : Bonusan Iron Complex comes in easy-to-swallow vegetable capsules.
- **With buffered vitamin C** : This deacidified form of vitamin C increases iron absorption.
- **With bioactive B vitamins** : active vitamins B<sub>6</sub>, B<sub>12</sub> and folate.
- **Developed by healthcare professionals** ? based on scientific research.
- **Produced in the Netherlands** . Bonusan Iron Complex is produced in our own factory in the Netherlands.
- **Food Safety Certified** . Bonusan is FSSC certified, which means it meets international food safety standards.

### Instructions for use

Bonusan Iron Complex is taken on alternate days, rather than daily. This recommended dosage is based on scientific studies. If you take Bonusan Iron Complex every other day, the iron contributes more effectively to the normal formation of red blood cells and haemoglobin. In addition, when the supplement



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is taken every other day, your tolerance increases, as unabsorbed iron can cause gastrointestinal problems.

### Composition per capsule

Iron (as ferrous bisglycinate) 20 mg

Vitamin C (as magnesium ascorbate) 240 mg

Vitamin A (as retinyl palmitate) (1350 IU) 400 mcg

Vitamin B1 (as thiamine hydrochloride) 1.70 mg

Vitamin B2 (as riboflavin) 2.10 mg

Vitamin B3 (as nicotinamide) 16 mg

Vitamin B5 (as calcium pantothenate) 6 mg

Active vitamin B6 (as pyridoxal-5-phosphate) 0.70 mg

Active Vitamin B12 (as methylcobalamin and adenosylcobalamin/dibenzozide) 10 mcg

Active folic acid (as folate, 5MTHF-glucosamine, Quatrefolic®) 80 mcg

D-Biotin 50 mcg

Choline (as choline bitartrate, VitaCholine?) 10 mg

Zinc (as zinc mono-L-methionine-sulfate, L-OptiZinc® ZML-200) 5 mg

Copper (as copper lysinate) 0.60 mg

Molybdenum (as ammonium molybdate) 50 mcg.

### Ingredients

Magnesium ascorbate, ferrous bisglycinate, capsule wall (hydroxypropylmethylcellulose), choline





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bitartrate, zinc mono-L-methionine sulfate, bulking agent (microcrystalline cellulose), nicotinamide, calcium D-pantothenate, retinyl palmitate, copper lysinate, anti-caking agent (ascorbyl palmitate), D-biotin, thiamine hydrochloride, riboflavin, pyridoxal 5'-phosphate, (6S)-5-methyltetrahydrofolic acid/glucosamine salt, ammonium molybdate, adenosylcobalamin, methylcobalamin.

### Does not contain

Synthetic colors, flavors and fragrances, Yeast.

Suitable for vegans and vegetarians.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121  
<https://bio-farma.es/buy/f/bonusan/iron-complex-60-caps>

<https://bio-farma.es> - [info@bio-farma.es](mailto:info@bio-farma.es)

C/ Vermell, 20 3r 3a - 17252  
St. Antoni de Calonge (Girona) Spain



+34 696 79 77 77

