

## Ferro Forte Vit Min 20 Sticks

EAN: 8420101215882 FABRICANTE: ELADIET



*Food supplement that helps reduce tiredness and fatigue and the normal formation of red blood cells.*  
*Vit&min*

### DESCRIPTION

Iron contributes to normal cognitive function, to the reduction of tiredness and fatigue, to the normal formation of red blood cells and hemoglobin, to the normal transport of oxygen in the body, to the normal functioning of the immune system, and to the normal cognitive development of children.

**Directions:** Take 1 sachet a day, dissolve directly in the mouth. Orange flavour.

### Ingredients:

Contribution per 1 stick: 1000 mg Fructooligosaccharides; 120 mg Vitamin C (150% NRV\*); 14 mg Iron (100% NRV\*); 200 µg Folic acid (100% VRN\*); 2.5 µg Vitamin B12 (100% NRV\*)

\* NRV: Nutrient Reference Value by the EU.

## Wellness Tips

### Normal iron levels

To maintain optimal iron levels in the blood, it is necessary to maintain a balanced and healthy diet.

### Foods rich in iron

Incorporate red meat, legumes, and shellfish into your diet.

### Vitamin C

Include more acidic foods rich in vitamin C in your diet, such as lemon, orange, strawberries, broccoli and peppers, to promote iron absorption.

### Moderate certain foods

There are foods that inhibit iron absorption, so it is recommended not to overeat eggs, milk, tea, coffee, nuts...



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### Main ingredients:

- Iron: Iron helps reduce tiredness and fatigue.
- Vitamin B12: Vitamin B12 contributes to normal energy-yielding metabolism and the normal functioning of the immune system and helps reduce tiredness and fatigue.
- Vitamin C: Vitamin C contributes to normal energy-yielding metabolism.

