

## Iron 100 Tablets

EAN: 5055148401931 FABRICANTE: LAMBERTS



*Iron citrate. Greater absorption. Helps the formation of red blood cells, reduces fatigue.*

### DESCRIPTION

The iron in this product is in citrate form for easy absorption, and some nutritionists believe this form is less likely to cause constipation than ferrous sulfate commonly does. This is important because compliance is essential when supplementing with iron, as restoring depleted iron levels can take several months.

Women of menstrual age, vegetarians, people on weight loss diets, and endurance athletes may experience iron deficiencies, so adding a high-potency supplement to the diet is always recommended.

Iron is known to help reduce tiredness and fatigue, and is highly recommended for all adults, especially women of menstrual age. People who eat a vegetarian diet, or eat little red meat, should consider adding an iron supplement to their daily regimen.

In addition, iron contributes to normal cognitive function, normal energy metabolism, the process of cell division, and is also essential for the normal function of the immune system, oxygen transport in the body, and the normal formation of red blood cells and hemoglobin.

**Round tablet with clear coating with beige specks.**

### Each tablet provides:

Iron (as Citrate)	14 mg
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### Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

### Precautions

This product contains iron, which, if taken in excess, may be harmful to very young children.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241124  
<https://bio-farma.es/buy/f/lamberts/iron-100-tablets>





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### Instructions for use

Take 1 tablet daily with a meal.

Do not exceed the expressly recommended daily dose.

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