

Vegan Iron Complex 120 Tablets

EAN: 5055148412760

FABRICANTE: LAMBERTS



This excellent LAMBERTS iron complex for vegans provides iron, vitamin B12 and the amino acid L-Lysine, important nutrients that can be lacking in vegan and vegetarian diets because they are mainly present in products of animal origin.

DESCRIPTION

This excellent iron complex for vegans provides iron, vitamin B12 and the amino acid L-Lysine, important nutrients that can be lacking in vegan and vegetarian diets because they are mainly present in animal products.

Iron ore contributes :

- To cognitive function and normal energy metabolism.
- To the normal formation of red blood cells and hemoglobin
- To normal oxygen transport in the body
- To the normal function of the immune system.
- To reduce tiredness and fatigue
- To the process of cell division.

Vitamin B12 contributes to :

- To normal energy metabolism.
- To the normal functioning of the nervous system.
- To the normal metabolism of homocysteine.
- To normal psychological function.
- To the normal formation of red blood cells.
- To the normal functioning of the immune system.
- To reduce tiredness and fatigue.
- To the process of cell division.
- To normal energy metabolism.

In this dietary supplement, iron is present as bisglycinate, a form of iron that is better tolerated by people



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with sensitive stomachs, and vitamin B12 in the form of methylcobalamin, providing better absorption of both nutrients.

This product also provides USP grade L-Lysine, an amino acid that is most abundant in foods of animal origin.

This supplement is perfect for everyone, especially those who follow a vegetarian or vegan diet.

Contribution per 2 tablets:

Vitamin B12	250 µg
Iron	20 mg
L-Lysine HCl	1250 mg

Contributing:

L-Lysine	1000 mg
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*NRV = Nutrient Reference Values.

Allergen Note: See presentation section for ingredients in bold.

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

Precautions: This product contains iron, which if taken in excess may be harmful to young children. Keep out of their sight and reach. Do not take if you are pregnant or breast-feeding.

Instructions for use

Take 2 tablets daily.

Use only water or fruit juice to swallow the tablets. Do not swallow milk or any other protein drink. For best results, take the tablet whole, half an hour to one hour before a meal, or on an empty stomach.

Do not exceed the expressly recommended daily dose.

