



Iron and vitamins with herbal extracts and concentrated juices. Floradix is suitable for women, including pregnant and lactating mothers, children, adolescents, the elderly, convalescents, and vegetarians.

### DESCRIPTION

#### What is Floradix and what is it used for?

Floradix is a food supplement based on iron and vitamins with herbal extracts and concentrated juices that serves to provide iron and nutrients that our body needs in times of decline and spring fatigue.

Floradix contains a form of iron called ferrous gluconate, which is an iron salt easily absorbed by our bodies. This form of organic iron (II) is especially effective for absorption. In addition, Floradix also contains vitamins B2, B6, B12 and C. These vitamins play an important role in our body by reducing feelings of tiredness and fatigue, and also contribute to normal energy metabolism.

Iron is an essential mineral for the normal production of red blood cells and hemoglobin, both of which are important for transporting oxygen throughout the body. On the other hand, the vitamin C present in Floradix has the ability to improve the absorption of iron that is not in the form of hemoglobin. This means that vitamin C helps our bodies make better use of iron and use it efficiently.

#### Who can take Floradix?

Floradix is especially recommended for women, including those who are pregnant or lactating. It is also suitable for children, adolescents, seniors, those in recovery, vegetarians, and those who lead an active lifestyle.

It contains essential nutrients such as iron, vitamins B2, B6, B12 and C, which are important to maintain proper body function at these stages of life and in specific situations.

#### What are the ingredients of Floradix?

Aqueous extract (54%) of: carrot ( *Daucus carota* ), nettle leaves ( *Urtica dioica* ), spinach leaves ( *Spinacia oleracea* ), grass root ( *Agrupyrion repens* ), fennel fruits ( *Foeniculum vulgare* ), seaweed ( *Macrocystis pyrifera* ), hibiscus flowers ( *Hibiscus sabdariffa* ).

Mixed fruit juice concentrates (29.4%): pear ( *Pyrus communis* ), grape ( *Vitis vinifera* ), blackcurrant (



## Floradix 250 ml

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*Ribes nigrum* ), blackberry ( *Rubus fruticosus* ), cherry ( *Prunus cerasus* ), orange ( *Citrus sinensis* ), beetroot ( *Beta vulgaris* ), carob extract ( *Ceratonia siliqua* ), water, lemon ( *Citrus limon* ) and apple ( *Malus domestica* ).

Aqueous extract of yeast, honey, soft aqueous extract of rose hips ( *Rosa canina* ) with 4% vitamin C, ferrous gluconate, **wheat** germ extract, vitamin C (L-ascorbic acid), natural flavorings, vitamin B1 (hydrochloride of thiamine), vitamin B2 (riboflavin 5?-phosphate sodium), vitamin B6 (pyridoxine hydrochloride), vitamin B12 (cyanocobalamin).

### What dose should I take of Floradix?

Adults and young people from 12 years: take 10 ml twice a day half an hour before breakfast and dinner.

Children from 6 to 11 years old: take 5 ml twice a day half an hour before breakfast and dinner.

Children from 3 to 5 years: take once a day 5 ml half an hour before a meal

### Nutritional information

#### Average per daily dose Per 5 ml ? % NRV\*

Energetic value 21 kJ / 5 kcal

fats <0.5g

of which saturates <0.1g

carbohydrates 1.2g

of which sugars 1.0g

proteins <0.5g

Salt <0.01g

The salt content is due exclusively to the sodium naturally present in the food.



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Vitamin C 4mg ? 5%  
Thiamin (vitamin B1) 0.4mg ? 36%  
Riboflavin (vitamin B2) 0.5mg ? 36%  
Vitamin B6 0.2mg ? 14%  
B12 vitamin 0.3 µg ? 12%  
Iron 3.8mg ? 27%

\*VRN: Nutrient Reference Values according to EU regulation 1169/2011.

### Average per daily dose Per 10 ml ? % NRV\*

Energetic value 42 kJ / 10 kcal  
fats <0.5g  
of which saturates <0.1g  
carbohydrates 2.3g  
of which sugars 1.9g  
proteins <0.5g  
Salt <0.01g

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Vitamin C 8mg ? 10%  
Thiamin (vitamin B1) 0.8mg ? 73%  
Riboflavin (vitamin B2) 0.9mg ? 64%  
Vitamin B6 0.4mg ? 29%  
B12 vitamin 0.6 µg ? 24%  
Iron 7.5mg ? 54%

\*VRN: Nutrient Reference Values according to EU regulation 1169/2011.

### Average per daily dose Per 20 ml ? % NRV\*

Energetic value 83 kJ / 20 kcal  
fats <0.5g  
of which saturates <0.1g  
carbohydrates 4.6g  
of which sugars 3.8g  
proteins <0.5g  
Salt 0.01g

The salt content is exclusively due to the sodium naturally present in the food.

Vitamin C 16mg ? 20%  
Thiamin (vitamin B1) 1.6mg ? 145%

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Riboflavin (vitamin B2) 1.8mg ? 129%

Vitamin B6 0.8mg ? 57%

B12 vitamin 1.2 µg ? 48%

Iron 15mg ? 107%

\*VRN: Nutrient Reference Values according to EU regulation 1169/2011.

### Average per daily dose per 100ml

Energetic value 416 kJ / 98 kcal

fats <0.5g

of which saturates <0.1g

carbohydrates 23g

of which sugars 19g

proteins 0.6g

Salt 0.06g

The salt content is exclusively due to the sodium naturally present in the food.

### Should I take into account some considerations?

Floradix 250 ml is not suitable for vegans, it contains gluten and fructose.

Store out of the reach of small children. Do not drink directly from the bottle. This product does not

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contain alcohol or preservatives. To prevent deterioration, close the bottle tightly after each use, always store it in the fridge and consume it within a period of no more than 4 weeks.

The unopened bottle must be stored in a dry and cool place (5-25 °C).

