



Floradix tablets contain organic iron (II) from ferrous gluconate, which is a particularly absorbable iron salt, as well as vitamins B6 and B12 that help reduce tiredness and fatigue and contribute to a normal energy metabolism.

DESCRIPTION

Iron is a mineral necessary for the normal formation of red blood cells and hemoglobin. Folic acid also contributes to the normal growth of maternal tissues during pregnancy. Vitamin C also contributes to better absorption of iron.

Floradix tablets are suitable for women, including those planning pregnancy, pregnant and nursing mothers, children ¹⁾, adolescents, the elderly, convalescents and people with an active lifestyle.

¹⁾ Iron contributes to normal cognitive function in children.

Ingredients:

- Yeast extract (*Saccharomyces cerevisiae*).
- Rice starch.
- Mixture of dry extracts (17.4%) of: spinach leaves (*Spinacia oleracea*), nettle leaves (*Urtica dioica*), fennel fruits (*Foeniculum vulgare*), carrot root (*Daucus carota*), centaury herb (*Centaureum erythraea*).
- Iron (II) gluconate.
- Dry extract of rosehip (*Rosa canina*) (4%).
- Vitamin C (L-ascorbic acid).
- Niacin (nicotinamide).
- Bulking agent (cellulose).
- Anti-caking agent (silicon oxide).
- Careful with coating (shellac).
- Anti-caking agent (magnesium salts of fatty acids).
- Vitamin B6 (pyridoxine hydrochloride).
- Vitamin B2 (riboflavin).



Floradix 84 Comp

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- Anti-caking agent (talc).
- Emollient (polysorbate 80).
- Vitamin B1 (thiamine hydrochloride).
- Folic acid.
- Vitamin B12 (cyanocobalamin).

Instructions for use:

- Adults and young people aged 12 years and over: take 2 to 3 tablets a day with sufficient liquid half an hour before eating.
- Children 4 to 11 years: take 1 tablet a day with some liquid half an hour before a meal.
- Do not exceed the recommended daily dose.

Presentation form and content

- 84 tablets in blister pack.

Nutritional information

On average per daily dose For 2 tablets • % NRV*

Iron 14 mg • 100 %

Vitamin B1 1.0 mg • 91%

Vitamin B2 3.0 mg • 214 %

Niacin 20 mg NE • 125%

Vitamin B6 4.0 mg • 286 %

Folic acid 260 µg • 130 %

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Vitamin B12 2.0 µg • 80%

Vitamin C 20 mg • 25 %

On average per daily dose For 3 tablets • % NRV*

Iron 21 mg • 150 %

Vitamin B1 1.5 mg • 136 %

Vitamin B2 4.5 mg • 321 %

Niacin 30 mg NE • 188 %

Vitamin B6 6.0 mg • 429 %

Folic acid 390 µg • 195 %

Vitamin B12 3.0 µg • 120%

Vitamin C 30 mg • 38 %

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

Important:

Food supplements should not be used as a substitute for a varied and balanced diet. It is important to maintain a healthy lifestyle. Keep out of the reach of young children. Store in a cool, dry place (5-25 °C) and protected from light.

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