

Iron Gentle 20 mg 180 Vegetable Capsules

EAN: 033984012509

FABRICANTE: SOLGAR



With iron bisglycinate, a unique form of iron formulated to achieve maximum absorption while minimizing gastrointestinal irritation and constipation.

DESCRIPTION

Solgar® Gentle Iron™ contains bisglycinate iron, a unique, highly absorbable form of iron. One capsule daily provides 20 mg of iron in the form of ferrous bisglycinate, a well-tolerated form of iron that minimizes intestinal discomfort and constipation commonly associated with other forms of iron.

Iron contributes to the normal formation of red blood cells and hemoglobin and to normal energy metabolism, and its levels may be compromised in people with heavy bleeding or diets deficient in this nutrient, such as vegan diets.

Indications

- People who want to support their iron levels.

Benefits

- Iron presentation that minimizes possible stomach discomfort and constipation usually associated with the consumption of other iron products.
- Presentation specially formulated to achieve maximum absorption.
- Iron contributes to the formation of red blood cells and hemoglobin.
- Iron contributes to normal energy-yielding metabolism and helps reduce tiredness and fatigue.
- No sugar or salt. Gluten free.
- It does not contain yeast, wheat, soy or dairy derivatives and is formulated without preservatives, sweeteners, flavorings or colorings.
- Suitable for vegans.

Precautions

- If you are pregnant, breastfeeding, undergoing medical treatment or suffer from any illness, consult

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your specialist before taking this product.

- If you think this product is causing an adverse reaction, stop taking it immediately and consult your doctor.
- Accidental overdose of iron is a fatal cause in children under 6 years of age. Keep the product out of reach of children.

Ingredients

Bulking agents: microcrystalline cellulose; Iron (ferrous bisglycinate); Vegetable capsule: hydroxypropylmethylcellulose; Anti-caking agent: vegetable magnesium stearate.

Instructions for use

- For adults, take one capsule daily preferably with meals.
- Swallow the capsules with water or another drink.

