

## Ferrum 6 60 Caps

EAN: 8470001726261 FABRICANTE: VITAE



*Natural, highly absorbed iron. No gastric discomfort. Ferrum6® is an exclusive formula with 6 different sources of iron (bisglycinate, pidolate, citrate, gluconate, pyrophosphate, lactate), folic acid and spirulina, which ensures optimal absorption.*

### DESCRIPTION

The iron it contains is highly bioavailable.

High absorption iron

- 6 different sources of iron
  - Folic acid
  - Spirulina
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- Sugar free.
  - Gluten free.
  - lactose free.

### Formulation:

- **Iron** : in the form of 6 highly bioavailable natural salts. Iron contributes to the normal formation of red blood cells and hemoglobin, as well as oxygenating the body. It also helps reduce tiredness and fatigue.
- **Folic acid (vitamin B9)** : contributes to the synthesis of hemoglobin (formation of the heme group) and the formation of blood cells. It also helps reduce tiredness and fatigue.
- **Spirulina** : This is a natural source of iron that contributes to the synthesis of red blood cells due to its vitamin B12 content. It contains:
  - **Vitamins** : A, K, B1, B2, B3, B6, B12, C.
  - **Minerals** : iron, copper, zinc, magnesium, phosphorus, selenium, iodine, manganese.
  - **Proteins with essential amino acids (amino acids that must necessarily be obtained from the diet since the body is not able to synthesize them)** : isoleucine, leucine, lysine, methionine, histidine, phenylalanine, threonine, tryptophan and valine.

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- **Other components** : phycocyanin, chlorophyll, carotenoids, gamma linolenic acid.

Instructions for use:

- Take 2 capsules a day, during meals and with a large glass of water.
- It is recommended to take one in the morning and one at night.

### Frequently Asked Questions:

#### In what situations or cases would iron supplementation be indicated?

Iron supplementation is necessary in cases of anemia caused by low levels of this element or in cases where a reserve of this mineral is needed due to an illness or specific medication.

#### What does it mean that it is highly bioavailable? Why?

This means that these are salts with high absorption. Inorganic iron salts are difficult to absorb and also interact with many foods and medications, making it difficult to obtain sufficient levels after ingestion. Therefore, using organic salts with high absorption guarantees obtaining correct levels of iron in the blood after supplementation.

#### When will I start to notice the effects?

It takes about 2 months to see normal values in a blood count after supplementation. Supplementation can be extended to 6-12 months depending on needs.

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### Contraindications:

- In case of stomach problems, it is recommended to take Ferrum6® with main meals.
- Ingestion should be avoided with dairy products, coffee, tea or cereals, as they may decrease iron absorption.
- Ferrum6® is contraindicated in patients with kidney problems and in children under 12 years of age, unless under the supervision of a professional.
- This product contains a source of fish and soy.

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