



NATURAL FOOD SUPPLEMENT



STRONG IRON

WEIGHT
420mg

INGREDIENTS:

Iron bisglycinate, capsule shell: pullulan, rice starch, vitamin B6 (pyridoxal 5'-phosphate), (6S)-5-methyltetrahydrofolic acid as glucosamine salt (Quatrefolic®).

NUTRITIONAL INFORMATION	1 CAPSULE	AR%*
iron element	45mg	321
Vitamin B6	6mg	428
Vitamin B9	300µg	150

* RI = reference intake.



USING ADVICE :

1 capsule per day with a glass of water with meals. Reserve for adults

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4280384	60 capsules	17€

STRONG IRON



BIO OD IRON AVAILABLE + VI TAMINES B6 & B9 AC TI VE S

Pregnant, vegetarian or vegan? Find an optimal iron intake thanks to an innovative formula combining **bisglycinate iron** associated with the **activated vitamin B9 - 4th generation QUATREFOLIC®** and at the **activated vitamin B6**. The QUATREFOLIC form patent bypasses the reaction of the enzyme "methyltetrahydrofolate reductase". Unfortunately, mutations in the MTHFR gene affect more than 40% of the world's population.[1].

HEALTH CLAIMS

- ✓ Iron and vitamins B6 and B9 contribute to the proper functioning of the immune system;
- ✓ Iron and vitamins B6 and B9 help reduce fatigue. Vitamin B6 contributes to the normal functioning of the nervous system;
- ✓ Iron and vitamin B6 contribute to the normal formation of red blood cells. Iron promotes the formation of hemoglobin. Folate contributes to normal blood formation.

ADVANTAGES OF THE FORMULA

- ✓ The iron bisglycinate has an excellent digestive tolerance and contains a high concentration of elemental iron;
- ✓ Contains coenzyme B vitamins (B6 + B9);
- ✓ Natural galenic form (pullulan) and excipient (rice starch).

RECOMMENDATIONS

This dietary supplement does not replace a varied and balanced diet and a healthy lifestyle and is not a drug. Inform your doctor and/or pharmacist if you are taking medication at the same time. Product reserved for adults. Not suitable for children, teenagers. Keep out of the reach of children. Store at room temperature and in a dry place. Do not exceed the recommended daily dose.

STUDIES:

[1] Ahmed M Abbas, Safaa A Abdelbadee et al. "Efficacy of ferrous bis-glycinate versus ferrous glycine sulfate in the treatment of iron deficiency anemia in pregnancy: a randomized, double-blind clinical trial"; Randomized Controlled Trial J Matern Fetal Neonatal Med. 2019 Dec;32(24):4139-4145.



AVAILABLE ONLINE, IN PHARMACY AND IN ORGANIC STORE.