

FERPLUS

For iron deficiencies or boosts

HOW IT WORKS

Ferplus contains iron fumarate¹, i.e. iron in organic form, more² bioavailable, and reduces digestive discomfort. Iron absorption³ is favoured by the presence of folic acid, vitamin B12 and vitamin C. Molasses⁴ are a rich source of minerals and B vitamins, which are natural tonics.

WHEN TO USE IT

It is recommended in cases of iron deficiency and in cases of increased need, such as periods of general tiredness, during the menstrual cycle, pregnancy and breastfeeding.

HOW TO USE IT

1 - 2 capsules per day are recommended, in the morning or during meals.

WHAT IT CONTAINS

Vitamin C, iron, folic Acid, vitamin B12. Herbal ingredients: Molasses.

NOTES

Gluten free. Iron fumarate, vitamin C, vitamin B12 and folic acid are suspended on an oily base that ensures higher digestibility, with no unpleasant aftertaste. A study of pregnant women showed that the combined intake of iron, folic acid and vitamin B12 plays an important role in helping to prevent anaemia, which often occurs during this period.⁵

PACK

60 capsules

INGREDIENTS

Nutritional ingredients	2 Capsules	%RDA
Vitamina C	120,0 mg	150
Ferro	20,0 mg	142
Acido Folico	200,0 mcg	100
Vitamina B12	1,5 mcg	60
Herbal ingredients		
Melassa da fusto di canna da zucchero		300,0 mg

1- Tondeur MC, Schauer CS. Determination of iron absorption and hematologic status. Am J Clin 2004;80:1436-44

2- Filder M, Davidsson L. Iron absorption influenced by absorbic acid. British Journal of Nutrition; 2003, vol. 90,1081-1085

3- Hoofbrand V, Provan D. Macrocytic anaemias BMJ. 1997;314(7078): 430-3

4- Ensminger AH e al. Food for health: A nutrition encyclopedia. 1986. PMID: 15210

5- The soft capsule protects from gastric irritation, in addition of alkaline effect of molasse reduce the major side effect of iron "Nausea, After taste".

