

Actiferol 30 mg capsules

Dietary Supplement.

Openable capsules.

Intended for pregnant women.

Iron is a micronutrient needed for the proper development and functioning of the body. It plays a role in the process of cell division and helps in the proper production of red blood cells and hemoglobin, as well as the transport of oxygen in the body. Iron also contributes to the proper functioning of the immune system and the maintenance of proper energy metabolism, reducing the feeling of tiredness and weariness. **Actiferol Fe[®]** contains a unique form of iron subjected to micronization and emulsification. Thanks to micronization, which involves large fragmentation, the absorption of iron from iron (III) pyrophosphate is twice as high, as confirmed by scientific research. The iron in **Actiferol Fe[®]** is released in the intestines, not in the stomach, so you do not experience any discomfort from the digestive system.

Varied diet and healthy lifestyle are important in maintaining physical health and well-being.



Content:

Ingredients: capsule content: iron [maltodextrin, ferric diphosphate (ferric pyrophosphate); emulsifier: lecithins]; anti-caking agents: magnesium salts of fatty acids. Capsule shell: gelatin; colour: titanium dioxide.

Active ingredient	Recommended daily intake-1 capsule
Iron	30 mg (214% NRV*)

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

How to use:

Daily intake: 1 capsule

Capsules should be taken with water. If there are problems with swallowing, open the capsule and add its content to a meal

Do not exceed recommended servings for consumption during the day.

Dietary supplement should not be used as a substitute for a balanced and varied diet.

Packing:

- Net weight: 14,73 g (30 capsules a 0,491 g)

Literature:

1. Jackowska T., Sapała-Smoczyńska A., Kamińska E., Dev Period Med. 2015 Apr-Jun 19(2):217-24.
2. WHO. Guidelines on food fortification with micronutrients. 2006.