



Polski Lek®

## Actiferol 30 mg

Dietary supplement.

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

A balanced diet and a healthy lifestyle are important for staying healthy.



### Content:

Ingredients: maltodextrin, iron [maltodextrin, iron (III) diphosphate (iron (III) pyrophosphate), emulsifier: lecithin].

The content of minerals in the recommended daily dose - 1 sachet (% of Daily Nutrient Reference Values (for adults)

Iron - 30 mg (214%)

### How to use:

**Dosis diaria recomendada** : 1 sobre.

The contents of the sachet should be dissolved in a small amount of warm liquid (about 1/4 glass of water or expressed mother's milk) or added to food (a tablespoon of porridge or soup).

Consume immediately after preparation.

It is recommended to consume 1 sachet daily.

Do not exceed the recommended daily dose of the product.

Dietary supplements cannot be used as a substitute (replacement) for a varied diet.

Do not use in case of hypersensitivity to any component of the product. Use after consulting a doctor.

### Packing:

- Net weight: 45 g (30 sachets a 1,5 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.