

Actiferol 30 mg

Diet supplement.

The product is intended for pregnant women.

Iron is a micronutrient needed for the proper development and functioning of the body. Plays a role in the process of cell division. It helps in the proper production of red blood cells and hemoglobin, and the transport of oxygen in the body. It helps in the proper functioning of the immune system. It contributes to the maintenance of proper energy metabolism and reduces the feeling of tiredness and weariness. Actiferol Fe® contains a unique form of iron subjected to micronization and emulsification. Thanks to micronization, i.e. 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 and not in the stomach. Thanks to this, you do not feel 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.