

Actiferol Fe Forte

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.



Folates help in the proper production of blood and participate in the process of cell division. Active folate is well absorbed and ready for use by the body. Active folate protects individuals who have trouble absorbing folates from regular folic acid.

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

Literature

1. Jackowska T., Sapała-Smoczyńska A., Kamińska E., Dev Period Med. 2015 Apr-Jun 19(2):217-24.

Content:

Ingredientes:

hierro [maltodextrina, difosfato de hierro (III) (pirofosfato de hierro (III)), emulsionante: lecitinas]; antiaglomerante: sales magnéticas de ácidos grasos; ácido pteroilmonoglutámico; L-metilfolato de calcio. Cubierta de la cápsula: gelatina, colorante: dióxido de titanio.

Active ingredients	Recommended daily intake-1 capsule
Iron	30 mg (214% DDR*)
Folates, including:	200 µg (100% DDR*)
• Active form of folic acid (L-methylfolate calcium)	100 µg (50% DDR*)
• olic acid (pteroylmonoglutamic acid)	100 µg (50% DDR*)

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

How to use:

The capsule should be swallowed and taken with water. In case of swallowing difficulties: open the capsule and pour its contents into consumed food.

It is recommended to consume 1 capsule daily. Do not exceed the recommended daily dose of the product. Dietary supplements cannot be used as a substitute for a varied diet. Do not use if there is hypersensitivity to any component of the product.

Packing:

- Net weight: 29,46 g (60 capsules a 0,491 g)

Literature:

1. Jackowska T., Sapała-Smoczyńska A., Kamińska E., Dev Period Med. 2015 Apr-Jun 19(2):217-24.