

Actiferol START

Dietary Supplement.

Dissolving powder in sachets.

Intended for infants, children and adults.

Actiferol Start contains:

- Vitamin B6, which helps in the production of red blood cells.
- Vitamin C, which contributes to increased absorption of iron, helping in the production of red blood cells and hemoglobin.
- Folate complex, which aids in blood production and the process of cell division. Active folate helps people who have problems with the absorption of folate from standard folic acid.



Iron is a micronutrient required for proper development and growth. It plays an important role in the development of cognitive functions in children. Iron also helps create hemoglobin and red blood cells, which are very important for a growing body. It boosts the immune system and is a part of hemoglobin, which transports oxygen in the blood.

Actiferol Fe® contains a unique form of iron derived from micronization and emulsification. As a result of such processing, iron from iron pyrophosphate (III) is better absorbed and very well tolerated.^{1,2}

The iron contained in **Actiferol Fe®** is released in the intestines, not the stomach, meaning there are no complications connected with the digestive system.

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

Content:

Ingredients: Ingredients: maltodextrin; iron [maltodextrin, iron (III) diphosphate (iron (III) pyrophosphate), emulsifier: lecithins]; sodium L-ascorbate; pyridoxine hydrochloride; pteroylmonoglutamic acid; cyanocobalamin; (6S)-5-methyltetrahydrofolic acid, glucosamine salt; anti-caking agent: calcium phosphates.

Active ingredient	Recommended daily intake - 1 sachet
Iron	7 mg (10%)
Vitamin B6	1,4 mg (100% NRV*)
Vitamin B12	2,5 µg (100% NRV*)
Vitamin C	20 mg (25% NRV*)
Folates, of witch:	200 µg (100% NRV*)
folic acid	100 µg (50% NRV*)
Active folate ((6S)-5-methyltetrahydrofolic acid, glucosamine salt)	100 µg (50% NRV*)

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

How to use:

Daily intake: 1 sachet.

Dissolve the contents of the sachet in small amount of warm liquid (about $\frac{1}{4}$ of glass of water or breast milk) or add to food (one spoon of porridge or soup). Consume directly after preparing.

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: 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.