

PRODUCT INFORMATION:

One capsule typically provides
Iron

5mg

%NRV*
36

*NRV = Nutrient Reference Value

INGREDIENTS:

Proprietary mixture: ferrous fumarate with enzyme digested *Saccharomyces cerevisiae* (with **soya**); bulking agent: rice bran; vegetarian capsule: hydroxypropyl methylcellulose.

All True Food® nutrients also contain B vitamins, beta glucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, sugar, wheat

WARNING:

This product contains iron which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach.

Total content of iron per bottle is 450mg.

Suitable for vegetarians and vegans.

This product is not tested on animals



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CAPSULES

higher nature®

TRUEFOOD®

EASY IRON

FOOD STATE NUTRITION

FOOD SUPPLEMENT

TRUE FOOD® EASY IRON

Food State Nutrition - Nutrients provided in a true food form that your body recognises as food.

✓ Iron contributes to the reduction of tiredness and fatigue.

DIRECTIONS:

Men and children over 8 years take 1 capsule a day, women take 2 - 4 capsules a day, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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