

PRODUCT INFORMATION:

One capsule typically provides:

Iron	5mg	%NRV*	36
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*NRV = Nutrient Reference Value

INGREDIENTS: Proprietary mixture: ferrous fumarate with enzyme digested saccharomyces cerevisiae (**soya**); bulking agent: rice bran; vegetarian capsule: hydroxypropyl methylcellulose. (Allergens in **bold**)

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

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

HIGHER NATURE®

BODY HEALTH

EASY IRON

Gentle &
absorbable



90 capsules
vegetarian and vegan

EASY IRON

FOOD SUPPLEMENT - 90 CAPSULES

✓ 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, at least 30 minutes before meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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.

STORAGE: Store in a cool, dry place out of reach of children.

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This product has not been tested on animals.