

## PRODUCT INFORMATION:

One capsule typically provides:

|                         |       | %NRV* |
|-------------------------|-------|-------|
| Vitamin C               | 40mg  | 50    |
| from acerola complex    | 176mg |       |
| Riboflavin (vitamin B2) | 1.4mg | 100   |
| Iron                    | 10mg  | 71    |
| Copper                  | 500µg | 50    |

\*NRV = Nutrient Reference Value

**INGREDIENTS:** Acerola complex (ascorbic acid, acerola extract), capsule: hydroxypropyl methylcellulose, ferrous bisglycinate, bulking agent: microcrystalline cellulose, anti-caking agents: magnesium stearate, silicon dioxide; riboflavin, copper citrate.

**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, wheat, yeast.

**WARNING:** This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach. Total content of iron per bottle is 600mg.

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

This product has not been tested on animals.

# HIGHER NATURE®

EVERYDAY ESSENTIALS

## GENTLE IRON COMPLEX

Well tolerated &  
easily absorbed



60 capsules  
vegetarian and vegan

## GENTLE IRON COMPLEX FOOD SUPPLEMENT - 60 CAPSULES

- ✓ Maximum absorption from iron bisglycinate
- ✓ Iron contributes to the reduction of tiredness and normal cognitive function
- ✓ Vitamin C increases iron absorption
- ✓ Vitamin B2 and copper contribute to the normal use of iron in the body

**DIRECTIONS:** Women take 1-2 capsules daily ideally in a split dose (only take 1 capsule if combining with other supplements containing iron). Men and children 12 and over take 1 capsule daily. Take 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.

Higher Nature Ltd, 10 Discovery Way,  
Horam, East Sussex TN21 0GE, UK  
[highernature.com](http://highernature.com)



GIC060 101

GIC-121-01

