

CATALO Vegetarian Iron Made With Organic Curry Leaf is made from organic curry leaf grown on certified organic farm by advanced technology to ensure its purity and bioavailability and efficacy. A serving provides 18mg of natural iron, encapsulated in a vegetarian capsule, it is an ideal dietary supplement for women preparing for pregnancy, pregnancy and lactating women. Research shows that adequate intake of iron is essential for fetal brain and nervous system development.# Besides the benefit to fetus, sufficient intake of iron gives pregnant women a better skin tone.

Main Functions:

- Supply natural bioactive iron to promote healthy pregnancy
- Promote blood production
- Assist in fetal brain and nervous system development#
- Support healthy fetal development

Suitable for: Women preparing for pregnancy, pregnant and lactating women

*Radlowski, E. C., & Johnson, R. W. (2013). Front Hum Neurosci., 7, 585. (Refer to Iron)



Natural Iron

Make With **Organic Curry Leaf**

For Healthy Pregnancy#

18mg Natural Iron per serving



Digestive friendly

Vital Support for Health Pregnancy

BEFORE, DURING Pregnancy & AFTER

60 Vegetarian Capsules

DIETARY SUPPLEMENT

Nutrition Information

Serving Size: 2 Capsules (842mg)
Servings Per Container: 30

Amount Per Serving			
Organic Curry Leaf (Standardized 18mg Natural Iron)		500mg	
Energy (kcal)	3	Carbohydrates (g)	0.6
Total Fat (g)	0.0	- Sugars (g)	0.0
- Saturated Fat (g)	0	Protein (g)	0.0
- Trans Fat (g)	0	Sodium (mg)	0

Serving Directions	For women preparing to have baby, take 1-2 capsules daily. For pregnant and lactating women, take 2 capsules daily. Take after meal.
Ingredients	Organic Curry Leaf Extract Other Ingredients: Pullulan (Water-soluble Vegetarian Polysaccharide Capsule), Bulking Agent (Organic Tapioca Maltodextrin), Anticaking Agent (Organic Rice Concentrate, Organic Rice Bran Extract). May contain traces of milk and wheat.
Storage	Keep in a dry and cool place. Avoid direct sunlight
Net Weight	25.3g (421mg x 60 capsules)

Warning: Take only as directed, do not exceed suggested dosage.
KEEP OUT OF REACH OF CHILDREN
This product is made from natural sources and may have color variation. This is a normal phenomenon and does not affect product quality.

Made in USA

Manufactured by cGMP certified facility for CATALO Natural Health USA Inc.
City of Industry, CA 91748, USA

Asia-Pacific Distributor: CATALO Natural Health Foods
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CATALO.COM



Product Code
3205

美國家得路天然鐵配方（有機咖哩葉精華孕婦營養補充食品）特選獲有機認證無污染種植的新鮮咖哩葉，經高科技製成高濃縮咖哩葉精華，含豐富高活性的天然鐵質，易被人體吸收，並不會刺激腸胃及對身體造成負擔。每食用份量提供18毫克天然鐵質，配合特選植物膠囊，為計劃生育、懷孕期間及餵哺中媽媽提供優質的天然鐵質營養補充品。鐵質是紅血球的重要成份，孕婦補充足夠鐵質除可供應足夠血液及氧氣給胎兒，亦有助胎兒智力發展#，同時孕婦亦能保持面色紅潤，精神奕奕。

主要功效：

- 補充計劃生育，懷孕期間及餵哺中媽媽所需的天然鐵質
- 促進製造血液
- 輔助胎兒智力發展#
- 幫助胎兒健康發育

適用人士：計劃生育、懷孕期間及餵哺中婦女

建議食法	計劃生育：每天1-2粒。 孕婦及餵哺中婦女：每天2粒。 請於餐後服用
成份	天然有機咖哩葉精華 其他成份：天然植物膠囊（水溶性植物多醣體），增體劑（有機木薯麥芽糊精），抗結劑（有機大米精華，有機米糠精華）。可能含有微量奶類及小麥。
保存方法	請放於乾燥及陰涼地方，避免陽光直接照射
內容量	25.3克（421毫克 x 60粒）
此日期前最佳	如盒所標示（日月年）

注意事項：請依照建議食法服用，勿服用過量。請放置在兒童不能觸摸的地方。此產品源自天然成份，顏色深淺略有差異或變化屬正常現象，不影響產品質素。

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產品編號 3205

營養資料	
食用份量：2粒（842毫克） 每包裝所含食用份量：30	
每食用份量	
天然有機咖哩葉精華（標準化18毫克天然鐵質）	500毫克
能量（千卡）	3
蛋白質（克）	0.0
總脂肪（克）	0.0
-飽和脂肪（克）	0
-反式脂肪（克）	0
碳水化合物（克）	0.6
-糖（克）	0.0
鈉（毫克）	0