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Singel 250, 1016 AB
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Directions: 1 capsule taken daily with food, or as professionally directed.

This product should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the stated recommended daily intake. Do not purchase if the seal is broken. Keep out of reach of children. If you are under medical supervision, please consult a doctor before use. This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight & reach. Store in a cool, dry place. For best before and batch, see base.

Iron contributes to normal formation of red blood cells. Vitamin C increases iron absorption & vitamins C, B2 & iron contribute to the reduction of tiredness & fatigue.

BioCare®



Iron Complex

Iron citrate for red blood cell formation & reduction of tiredness & fatigue with vitamin C

90 vegetable capsules
Food supplement

Product information per daily intake: 1 capsule

		%EC NRV*
Vitamin C	100mg	125
Vitamin B2	3.2mg	229
Iron	14mg	100
Malic Acid	100mg	-

*NRV = Nutrient Reference Value

Ingredients: Vitamin C (Ascorbic Acid), Malic Acid, Iron Citrate, Capsule Shell (Hydroxypropyl Methylcellulose), Bulking Agent (Cellulose), Vitamin B2 (Riboflavin), Anti-Caking Agent (Magnesium Stearate).
Vegetarian & vegan