

## 20mg of liposomal Iron per serving

Nutritional information per daily intake: 1 capsule	%Nutrient Reference Value
Elemental Iron (Ferrous bisglycinate) 20mg	143%

Liposomal Iron food supplement. Each vegetable capsule contains 20mg Iron. Each tub contains 30 servings of 1 capsule.

**Ingredients:** Liposomal Iron (Ferrous Bisglycinate, Emulsifiers [Gum Arabic, Sunflower Lecithin, Inulin]), Vegetable capsule shell: Hydroxypropyl methyl cellulose, Colour (Calcium Carbonate).