

## Vegan Iron (18mg) & Vitamin C (80mg)

30 CAPSULES

**INGREDIENTS:** Brown Rice Flour, Vitamin C (Ascorbic Acid), Capsule Shell (Hydroxypropyl Methycellulose), Iron (Ferrous Fumarate).

**DIRECTIONS:** Take 1 capsule per day, with food. Do not exceed recommended dose.

### NUTRITIONAL INFORMATION:

	Per capsule	EC NRV*
Vitamin C	80mg	100%
Iron	18mg	129%

\*NRV = Nutrient Reference Value.

Carefully packed in the UK for DR.VEGAN Ltd.  
Crispins, Manor Farm, Michelmersh,  
Romsey, Hants, SO51 0NT.  
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**FREE FROM:** Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

Food supplements should not be used as a substitute for a varied balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Discontinue use and consult a doctor if adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. For Best Before End and Batch No. see below.

### FOOD SUPPLEMENT

[www.drvegan.com](http://www.drvegan.com)

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