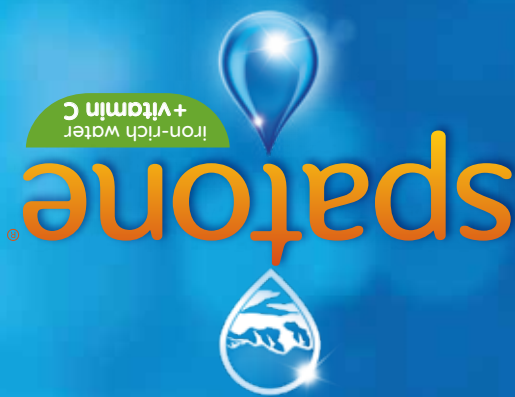
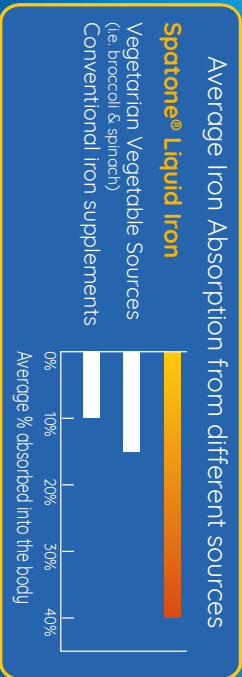


3004240



Spatone® Iron-Rich Water is scientifically shown to be a highly absorbable source of iron.



Taking Spatone® Iron-Rich Water helps ensure you get your daily absorbed iron with fewer of the typical side effects associated with iron supplements.



\*The Nutrient Reference Value (NRV) is based on the relative bioavailability of iron from foods (absorption from foods varies from 5-15%). However, the iron naturally present from Spatone® Liquid Iron has a high absorption (average 40%), which means taking a daily sachet as part of your diet should help meet your daily requirement.



iron-rich water + vitamin C



delicious apple taste

iron helps release energy and supports your immune system\*  
gentle & easily absorbed

FOOD SUPPLEMENT  
Iron-rich water with apple concentrate and vitamin C  
700ml (28 x 25ml sachets)



BEST BEFORE END  
LOT No.

BBE

Visit us: [www.spatone.com](http://www.spatone.com) Email us: [info@spatone.com](mailto:info@spatone.com)

Made in the UK. Spatone Limited, Trefriw Wells Spa, Snowdonia, North Wales, LL27 0LS, UK

EU Importer: Nelsons GmbH, Heesborg 2, D-22591 Hamburg

Spatone® Iron-Rich Water is kind on your stomach and has fewer unpleasant side effects often associated with iron supplements, such as stomach irritation and constipation.



Best taken on an empty stomach.

Vitamin C helps your body absorb iron, that is why we include it in every sachet of Spatone® Apple.



Straight from the sachet.



How to take Spatone® Iron-Rich Water with vitamin C

Spatone® sachets are convenient and easy to use when on-the-go.



Spatone® Iron-Rich Water with vitamin C provides a rich source of iron that is gentle on the stomach, and easily absorbed. It's a convenient way to take iron, and every drop of our Iron-Rich water is sourced directly from the Trefriw Wells Spa in the Welsh National Park of Snowdonia.

Why is iron good for you?

- ✓ helps release energy\* and reduces tiredness & fatigue
- ✓ supports a healthy immune system\*
- ✓ supports normal cognitive function

\*They contribute to normal energy-yielding metabolism and normal function of the immune system.

Ingredients:

Natural Iron-rich water, apple juice concentrate, vitamin C (ascorbic acid), preservative: potassium sorbate.

Nutritional information per sachet:

	%NRV
Vitamin C 60mg (75%)	
Iron (Fe2+) 5mg (66%)	

Do not exceed recommended dosage instructions. Ideal for ever gone over age ranges & women. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of children. Store in a cool, dry place. Best before end. See base.







Directions:

Adults & children over 2 years take 1 sachet daily.

Pregnant women take 2 sachets daily.



<div>Version Number:</div> <div>V3</div>	<div>Product Title:</div> 3004240 GB Spatone Apple 28D Carton	<div>COLOURS:</div> <div><div><div>C</div><div></div><div>PANTONE #88</div></div><div><div>M</div><div></div><div>PANTONE #88</div></div><div><div>Y</div><div></div><div>PANTONE #485</div></div><div><div>K</div><div></div><div>PANTONE #88</div></div></div>	<div>Fonts USED:</div> Quick Sand Gothic Narrow
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