

PRODUCT INFORMATION:

One capsule typically provides:

		%NRV*
Vitamin C	40mg	50
from acerola complex	176mg	
Riboflavin (vitamin B2)	1.4mg	100
Iron	10mg	71
Copper	500µg	50

*NRV = Nutrient Reference Value

INGREDIENTS: Acerola complex (ascorbic acid, acerola extract), capsule: hydroxypropyl methylcellulose, ferrous bisglycinate, bulking agent: microcrystalline cellulose, anti-caking agents: magnesium stearate, silicon dioxide, riboflavin, copper citrate.

No artificial colours, flavours or preservatives.
No yeast, added sugar or salt.

WARNING: If you are taking any medication or have a medical condition, please consult your healthcare professional before using this product. This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach. Total content of iron per bottle is 600mg.

STORAGE: Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

GENTLE IRON COMPLEX

Well tolerated &
easily absorbed



60 capsules
vegetarian and vegan

GENTLE IRON COMPLEX FOOD SUPPLEMENT - 60 CAPSULES

- ✓ Maximum absorption from iron bisglycinate
- ✓ Iron contributes to the reduction of tiredness and normal cognitive function
- ✓ Vitamin C increases iron absorption
- ✓ Vitamin B2 and copper contribute to the normal use of iron in the body

DIRECTIONS: Women take 1-2 capsules daily ideally in a split dose (only take 1 capsule if combining with other supplements containing iron). Men and children 12 years and over, take 1 capsule daily. Take at least 30 minutes before meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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