

Iron Complex - NUTRITIONAL TABLE

Nutritional Information	Per Iron Capsule	% RI Per Sachet
Awaiting Results		
Focus Complex Capsule (x1) Ingredients:	Amount per Serving	%NRV Per Serving
	(1x Capsule)	
Providing Total Iron (Elemental):	20mg	143%
Iron Bisglycinate	17mg	*
Wholefood Iron (Buckwheat)	3mg	*
Vitamin C (L-ascorbic Acid)	80mg	100%
Copper (Cupric Gluconate)	500ug	50%
Vitamin B2 (Riboflavin 5'-Phosphate, Sodium)	2mg	142%
Vitamin B6 (Pyridoxal 5-Phosphate Monohydrate)	1.4mg	100%
Folate (Calcium L-Methylfolate)	400ug	200%
Vitamin B12 - Methylcobalamin	5ug	200%

RI = Reference Intake

* = No Established RI

NRV = Nutrient Reference Value

** = No Established NRV

Iron Complex INGREDIENTS

Iron Capsule:

Wholefood Iron (Germinated Buckwheat), Iron Bisglycinate, Vitamin C (L-Ascorbic Acid), Copper (Cupric Gluconate), Vitamin B2 (Riboflavin-5'-Phosphate, Sodium), Vitamin B6 (Pyridoxal-5'-Phosphate Monohydrate), Folate (Calcium L-Methylfolate), Vitamin B12 (Methylcobalamin). Capsule Shell: (Hydroxypropyl Methylcellulose), Anti-Caking Agent (Brown Rice Extract)