



## Blutfit Iron Elixir

Food supplement containing iron and vitamins C and B

- Vegan
- Alcohol-free
- Gluten-free

Iron is an essential trace element required for many functions within the body. Amongst other things, iron contributes towards

- The formation of red blood cells and haemoglobin
- A normal metabolic energy rate
- The normal function of the immune system
- The reduction of tiredness and fatigue

It should always be ensured that a person has a sufficient supply of iron, in particular children and adolescents in periods of growth, women during menstruation, pregnancy and lactation and people with one-sided eating habits or vegetarians. Blutfit Iron Elixir is delicious and fruity in flavour, and is alcohol, lactose and gluten-free as well as being completely vegetarian/vegan. With its optimum iron-II-gluconate content, supplemented with vitamin C which promotes iron absorption, and important B vitamins, Blutfit Iron Elixir is ideal for daily consumption.

**Ingredients:** Juice concentrate made from Chokeberry, Strawberry, Blackcurrants, Blackberries and Elderberries; Water, Agave Nectar, Iron-(II)-Gluconate, Vitamin C, Potassium Sorbate (preservative), Vitamin-B6-Hydrochloride, Vitamin B2, Vitamin-B1-Mononitrate, Vitamin B12.

	Contents per 20 ml/ % NRV*	Contents per 40 ml/ % NRV*	per 100 g
Vitamin C	80 mg/100 %	160 mg/200 %	372 mg
Iron	14 mg/100 %	28 mg/200 %	65 mg
Vitamin B6	1.4 mg/100 %	2.8 mg/200 %	7 mg
Vitamin B2	1.4 mg/100 %	2.8 mg/200 %	7 mg
Vitamin B1	1.1 mg/100 %	2.2 mg/200 %	5 mg
Vitamin B12	2.5 µg/100 %	5.0 µg/200 %	12 µg

\*NRV = Nutrient Reference Value for adult daily consumption according to Regulation (EU) No. 1169/2011

### Recommended use:

Drink 1 x daily before a meal. Shake before use.

Adults, pregnant and lactating women: 1-2 measuring cup (20–40 ml)

Children and adolescents from 10 years of age: 1 measuring cup (20 ml).

Children from 7–10 years of age: 1/2 measuring cups (10 ml).

Keep out of direct sunlight and below 25°C. Store in a cool place after opening.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle.

Keep out of reach of young children. Do not exceed the recommended daily dose.

### Contents 500 ml

Made in Germany

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