

## Ferro Plus - 90 caps

NEFE90

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Provides the body with extra iron safely and efficiently



## Description

Iron is an essential mineral for the maintenance of normal blood composition. In fact iron plays an important role in terms of the capacity of blood to carry oxygen and in terms of forming red blood cells and haemoglobin. Deficiencies in iron often lead to fatigue and less endurance. Furthermore iron ensures that sufficient oxygen can be stored in our muscles (which is important for physical exercise and sport). Iron also plays an important role in a variety of (enzymatic) processes which occur in the body cells for the purpose of a normal energy build-up. In other words, iron is an essential mineral in a number of processes which ensure a sufficient energy level in the human body. Moreover, iron plays an important role in our cell division, in the normal function of our immune system and in the maintenance of our cognitive functions.

Only 10-15% of iron in our diet is absorbed by the body in the small intestine. The best source is called haem iron (mainly found in red meat), which is more easily absorbed than non-haem iron (bread, vegetables, nuts, etc.).

The human body contains about 2 to 4 g of iron, depending on gender, body weight and iron storage capacity. Most of the iron in the body is stored in red blood cells in the form of haemoglobin ( $\pm 70\%$ ). Furthermore, there is about 20% of iron in the form of ferritin stored in the liver, spleen and bone marrow. The rest of our iron supply is located in muscles (myoglobin) and blood plasma (transferrin).

Women and children living on a traditional western diet often have difficulties to balance iron supplies in their bodies. Vegetarians, athletes and people with weight problems face similar problems.

### Range of indications

- In proven iron deficiencies.
- Helps fight fatigue and exhaustion.
- For a healthy immune system.

### INSTRUCTIONS

1 capsule every evening meal with a glass of water. The recommended daily intake should not be exceeded. Store out of reach of young children.

A food supplement should not be a substitute for a varied and balanced diet and a healthy lifestyle.

### CONTRAINDICATIONS

FERRO PLUS should not be used by patients suffering from iron storage disorders, thalassemia and sickle-cell anaemia. FERRO PLUS is generally well tolerated.

## Composition

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Scientific name	English name	Used part	Galenic form	Amount
Ferro Fumarate	Iron fumarate	C	Powder	155 mg
Magnesii Stearas	Magnesium stearate	C	Powder	2 mg
Magnesii Silicas	Magnesium silicate talc	C	Powder	2 mg
Gelatine	Gelatine			75 mg

ACTIVE INGREDIENTS		
Active ingredients	Amount per recommended dose	Amount per 10 g
Iron	58,8 mg	1,1 g

**Categorie:** Iron  
**Form:** Capsule  
**Free from:** No info  
**Raw Material:** Iron