

Recommended daily dosage:

1 capsule daily with a meal or as directed by your healthcare professional.

Do not exceed the recommended daily dosage.

Supplements are not a substitute for a healthy diet and lifestyle.

Dietary Supplement Facts:

Serving Size: 1 Capsule.

Servings per Container: 60

Micronutrient	Dosage
Elemental Iron (as Ferrous Sulphate)	10mg
Sodium Ascorbate (Vitamin C)	26.7mg

Ingredients: Elemental Iron (as Ferrous Sulphate) 10mg; Sodium Ascorbate 26.7mg; Bulking Agent: Maltodextrin; Cellulose; Emulsifier: GMO-free Soy Lecithin; Stabiliser: Silicon Dioxide; Capsule: Hydroxypropylmethylcellulose (HPMC)

May contain traces of sesame.

This supplement is not suitable for children.

Keep out of reach of children

Store at room temperature (20° C).

Finish within 2 months of opening.

Should not be used after the expiry date on the package. Do not take if the tamper evident seal is broken or missing.