

Vegan Iron Complex

Iron with Vitamin B12 and L-Lysine

Presentation

A clear coated beige tablet with speckles.

Typically per 2 tablets:

Vitamin B12 (as methylcobalamin)	250µg
Iron (as bisglycinate)	20mg
L-Lysine HCl	1250mg
Providing L-Lysine	1000mg

Tableted with:

Dicalcium Phosphate Dihydrate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V) **and vegans** (V)

quantity

120

type

tablets

code

8244



Uses

Dietary deficiency of iron is the most prevalent mineral deficiency in the world today according to World Health Organisation sources. All ages and both sexes are at risk, but especially women of child-bearing age. In the UK, official data shows that 89% of young women have a daily intake of iron which is less than the NRV of 14.8mg. This reflects the move towards vegetarian diets and declining intakes of red meat. Consuming a diet low in iron will eventually lead to depletion of iron stores in the body, although the body will tend to maintain iron levels at the expense of other body systems.

Vegan Iron Complex presents iron in the bisglycinate form which is tolerated well by sensitive stomachs. Vitamin B12 is also included as methylcobalamin, which contributes to the normal function of the immune system and is well absorbed in this form. We also include USP grade Lysine, an amino acid most abundant in animal-based foodstuffs, making the perfect addition, especially for those following a vegetarian/vegan diet.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

