Iron

Food supplement with **Iron*** and **Folic Acid**

*Contributes to normal **FORMATION** of **RED BLOOD CELLS** and **HAEMOGLOBIN**

20 orodispersible films

Lemon flavour

GLUTEN FREE I LACTOSE FREE I WITH SWEETENER

Iron is a micronutrient and one of the minerals present in the body in high amounts.

Iron is a key component of **haemoglobin**, the protein that transports oxygen from the lungs to the rest of the body, and **myoglobin**, the protein that supplies the muscles with oxygen. This mineral also participates in the activity of many **enzymes** and the body needs it to produce certain **hormones** and **connective tissue**.

The foods richest in iron are **liver**, **meat**, and **fish**. Many **vegetables** also contain good amounts of iron. It is found in **legumes** (such as beans, peas and lentils), **cereals**, **dried fruit** and dark green leafy vegetables such as spinach.

Iron IBSA is a food supplement containing iron and folic acid, which are involved in numerous functions in the human body

Iron contributes to:
- normal formation of red blood cells and haemoglobin
- normal oxygen transport in the body
- normal cognitive function

Folic acid (also known as folate) contributes to:
- normal psychological function
- normal homocysteine metabolism
- maternal tissue growth during pregnancy
- normal blood formation

Iron and **folic acid** have a role in the process of cell division and contribute to:
- normal function of the immune system
- the reduction of tiredness and fatigue

Iron IBSA is available in orally dispersible films, offering a convenient and easy-to-use form of supplementation:
- **no water needed**
- **dissolves on the tongue quickly**

It can be taken at any time, making it ideal for individuals **with swallowing difficulties**, those who are bedridden, or those in fragile health.

INGREDIENTS

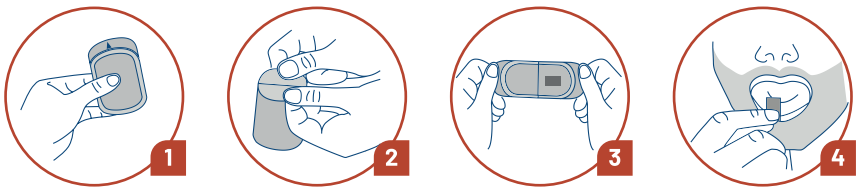
Iron (as ferric pyrophosphate); Maltodextrin; Humectant: Glycerol; Water; Lemon aroma; Firming agent: Polyvinylpyrrolidone-vinyl acetate copolymer; Emulsifiers: Mono- and diglycerides of fatty acids, Polyoxyethylene sorbitan monooleate (polysorbate 80); Acidity regulators: Citric acid, Sodium citrate; Folic acid (pteroil-monoglutamic acid); Sweeteners: Sucralose, Sodium Cyclamates, Acesulfame K.

DIRECTIONS FOR USE

It is recommended to take 1 orodispersible film daily for at least 20 days, unless otherwise instructed by your doctor.

INSTRUCTIONS FOR USE

Important: do not handle the orodispersible film with wet hands.
Follow the instructions in the pictures:



WARNINGS

The expiry date refers to the product properly stored in an intact package. Store in a cool and dry place not above 25°C. Avoid exposure to heat, light and temperature changes.
Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
Do not exceed the recommended daily dose.
Keep out of the reach of children under 3 years of age.

Manufactured by:
IBSA Farmaceutici Italia S.r.l., Via Martiri di Cefalonia, 2 – 26900 Lodi
in the production plant of Cassina de' Pecchi, via S.S. n.º 11, Padana Superiore Km 160 – 20051

IBSA, applying IBSA FilmTec® technology, has developed a line of food supplements food supplements in orodispersible film (ODF).
The new formulations, consisting of an **ultra-thin strip** of small size (thickness 50-150 µm), **dissolves quickly once placed in the mouth**, ensuring bioavailability of the active ingredient. IBSA food supplements in an orodispersible film are also an **excellent solution** for **those who have difficulty swallowing** and taking the usual oral forms with water.

Discover the IBSA dietary supplement line with IBSA FilmTec® technology:

Vitamin D3 IBSA - 30 orodispersible films - Food supplement containing Vitamin D. Contributes to the normal functioning of the **immune system** and the **maintenance of normal bones**.
Vitamin B12 IBSA - 30 orodispersible films - Food supplement containing Vitamin B12. Contributes to normal **energy-yielding metabolism**.
Iron IBSA - 20 orodispersible films - Iron-based food supplement. Iron contributes to the normal formation of **red blood cells** and **haemoglobin**.

www.ironibsa.com