

# Fitoferrum forte

The IRON COMPLEX is indicated for vegetarians and vegans, in pregnancy and lactation, in subjects practicing sport (especially in case of endurance sports) in case of subjects with gastro-intestinal disorders (chronic diarrhea) and/or with chronic consumption of anti-acids, in women with menstruation, in cases of anemia or in pregnant women.

It is a food supplement based on the exclusive IRON COMPLEX Bio-Sol™, Quatrefolic® and Rosa Canina which contributes to the normal formation of red blood cells and hemoglobin.

**IRON COMPLEX Bio-Sol™** consists of **Iron Pyrophosphate** dispersed in liposomes with high bioavailability and tolerability (contributes to normal cognitive function, the normal formation of red blood cells and hemoglobin and the normal transport of oxygen in the body), **Spinach** and **Amaranth**. Amaranth and Spinach extract have shown an increased level of hemoglobin.

**Quatrefolic®** is the active form of folic acid that contributes to normal homocysteine metabolism and the growth of maternal tissues during pregnancy. Rosa Canina naturally contains Vitamin C which improves the absorption of iron.

## DOSAGE

It is recommended to take 1 tablet a day.

FOOD SUPPLEMENT

Gynecology



**PACKAGING**  
60 tablets with  
prolonged release

**TABLETS**

Retail public price  
in Italy: € 18.90

**WITH QUATREFOLIC® (ACTIVE FOLIC ACID)**

**GLUTEN FREE**

**NATURALLY FREE OF LACTOSE**

**HIGH TOLERABILITY**

**ABSENCE OF METAL TASTE AND STIPSI**

**GASTROPROTECTION TECHNOLOGY ALLOWS THE RELEASE IN THE  
INTESTINE PROTECTING GASTRIC MUCOSA**

## NUTRITIONAL INFORMATION

	For tablet	%RNV*/ tablet
IRON COMPLEX BIO-SOL™	535 mg	
of which Iron	30 mg	214.3%
of which Spinach dry extract E/D 1:20	75 mg	
of which Amaranth dry extract E/D 1:20	75 mg	
Folic acid 400 µg 200%		
Rosa canina dry extract tit. 70% in vitamin C	100 mg	
equal to Vitamin C	70 mg	87.5%

\*%RNV= percentage reference nutritional value (EU Reg. 1169/2011)