

# Iron 14mg

(as Citrate)

## Presentation

**An off-white speckled clear coated round tablet.**

### Each tablet delivers:

Iron (as Citrate) 14mg

### Tableted with:

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

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

quantity  
100

type  
tablets

code  
8243



## Uses

Low iron levels are common and can, if left untreated, progress into iron deficiency anemia (IDA). Supplements can be particularly helpful among people who are prone to low iron levels, especially if they're unable to maintain a good iron status through diet alone. Importantly, eating vitamin C will help your body absorb iron better.

Lamberts® iron product is in a citrate form which is easily absorbed and utilised by the body. Citrate is a gentler form and is less likely to cause the constipation problems associated with ferrous sulphate supplements. As replenishing iron stores can take several months, patient compliance is essential.

### Usage and administration

1 tablet 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.

### Storage instructions

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

### Legal category

Food supplement.

