



Sucrosomial® Iron with Vitamin C and Vitamin B12 based food supplement

20 CAPSULES - NET WEIGHT 7g

Sideral® r.m. contained in Sideral® is an iron processed using sucrosomial technology, in which iron leaves the gastric environment intact and is absorbed directly from the intestine, thus avoiding any gastric discomfort. Vitamin C facilitates the absorption of iron.

Ingredients: Sideral® r.m.-Sucrosomial® Iron (iron pyrophosphate, pregelatinized rice starch, sucrose esters of fatty acid, sunflower lecithin on glucose syrup support, *milk* protein, tricalcium phosphate); dietary gelatine, vitamin C (L-ascorbic acid); bulking agent: hydroxypropyl methylcellulose; anticaking agents: magnesium salts of fatty acids, silicon dioxide; colourings: titanium dioxide; vitamin B12 (cyanocobalamin, citric acid, corn maltodextrin, trisodium citrate). **Gluten Free.**

Indications: Sideral® is a Sucrosomial® Iron, vitamin C and vitamin B12-based food supplement, suitable for addressing dietary deficiencies or increased bodily requirements for these nutrients. Sideral® can help in cases in which an iron supplement needs to be taken for a long period of time, when there is an increased iron requirement.

| Mean Contents | Per 100 g | Per 1 cps | %NRV |
|------------------------------|-----------|-----------|------|
| Iron | 4,000 g | 14 mg | 100% |
| Ascorbic Acid (Vitamin C) | 17,14 g | 60 mg | 75% |
| Cyanocobalamin (Vitamin B12) | 0,11 mg | 0,375 mcg | 15% |

% NRV = Percentage Nutritional Reference Values pursuant to Regulation 1169/2011

Directions: Take 1 capsule per day, Swallow with plenty of water.

Warnings: Store the product at room temperature (not above 25°C) and avoid exposure to localised sources of heat. Keep out of the reach of children under three years of age. Do not exceed the stated daily dose. Food supplements are not intended to substitute a varied, balanced diet and healthy lifestyle. The expiry date refers to when the product is stored in intact packaging.

Sideral® is an innovative source of iron, with high bioavailability which occurs as a complex of iron pyrophosphate sucrosomes. This new patented sucrosomial® technology, (Sideral® r.m.), prevents the side effects commonly associated with the intake of conventional iron, such as heartburn, intestinal irritation, change in colour of the mucous membrane and teeth.

This product is suitable for people with coeliac disease.

Product included in the Register of Food Supplements of the Ministry of Health code no. 73892

Sucrosomial® Iron is a registered trademark.
Sucrosome® is a registered trademark.
Sideral® is a registered trademark
Sideral® r.m. is a patented ingredient based on Sucrosomial® Iron.

PHARMANUTRA

Produced and packaged in the production facility based in
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