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Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Iron Active - Iron chelates, 90 capsules

Product number: PM6411



Price

Quantity	Unit price	Base price
To 1	€21.00	€350.00 / 1 Kilogramm
To 4	€19.90	€331.67 / 1 Kilogramm
From 5	€18.90	€315.00 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Iron from iron chelate, the most tolerable iron compound

Iron in food supplements as well as in medicines can occur in many different chemical forms. A key difference is tolerability:
People who take iron often or in large amounts know the problem: stomach pain, nausea, constipation and similar complaints are frequently caused.
This is particularly dramatic for people who already have problems with their digestive organs but, for example

because of chronic iron loss, have to take iron on a long-term basis.
Symptoms can be significantly worsened by taking iron supplements.
The solution here is chelates: in this special chemical form, in which iron but also other minerals can be bound, tolerability is considerably better!

Energetic and alert instead of tired and lethargic!

Oxygen, which makes us energetic and alert, is transported in the blood by the “haemoglobin ‘taxi’”. If this carries too little oxygen, this can be due to an iron deficiency, but also to a deficiency of vitamin B12 or, more rarely, folic acid.
This then becomes noticeable as a feeling of extreme tiredness and lethargy and, since iron, like rust, is rather red, by pronounced paleness of the skin.
This can become a problem particularly for people who absorb little iron (e.g. vegans) or regularly lose a lot of iron (women before menopause). In such cases, taking iron can be beneficial.

Nutritional properties

- Iron, vitamin B12 and B2 contribute to the reduction of tiredness and fatigue.
- Iron and copper as well as vitamins B12, B2 and B6 contribute to normal energy metabolism.
- Vitamin C increases iron absorption.
- Folate and vitamin B6 contribute to normal blood formation.
- Vitamin B6 reduces tiredness and lethargy.
- Copper contributes to normal iron transport in the body.
- All contained vitamins and minerals contribute to the normal functioning of the immune system.
- Riboflavin contributes to the normal functioning of the nervous system.
- Riboflavin contributes to the maintenance of normal mucous membranes and to the maintenance of normal skin.
- Riboflavin contributes to the maintenance of normal red blood cells.
- Riboflavin contributes to the maintenance of normal vision.
- Riboflavin helps protect cells from oxidative stress.

Nutritional information

Micronutrients	**per daily portion 1 capsule**
Vitamin C	100 mg (126 %*)
Copper	1500 µg (150 %*)
Vitamin B6	2,5 mg (179 %*)
Folic acid	200 µg (100 %*)
Vitamin B12	10 µg (400 %*)
Iron	30 mg (214 %*)
Vitamin B2	1,6 mg (114 %*)

*Reference value according to Regulation (EU) No. 1169/2011

Ingredients

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Iron bisglycinate, L-ascorbyl palmitate, Rosmarinus officinalis L. leaves dry extract (10% carnosic acid), capsule (hydroxypropylmethylcellulose), trehalose, L-ascorbic acid, Blakeslea trispora, copper citrate, pyridoxine-5-phosphate, riboflavin, methylcobalamin, calcium L-methylfolate.

Recommended intake

1 EMBO-CAPS® on an empty stomach, 30 minutes before a meal, with plenty of water or orange juice.

Note from EnergyVital

For a non-prescription product, 30 mg is already a fairly high dosage. Naturally, the product is therefore better for sensitive individuals than many that contain iron(III) gluconate or similar, which often causes problems for people with very sensitive bowels. However, iron is also among those substances that, while extremely important, can be overused — that is, in too high a dose and without an actual need, they can be harmful to health. Therefore we strongly recommend having your iron levels checked by your GP and taking this product only if it is necessary and appropriate. Low-dose products that we also offer (containing 7–10 mg) can be taken prophylactically without laboratory testing, e.g. if you experience symptoms of iron deficiency or if, for example, due to injury, heavy menstrual bleeding or bleeding from chronic intestinal inflammation, it is clear that you need to replenish somewhat more iron than is provided by the diet. However, this 30 mg product only makes sense after laboratory testing and in the case of an actual iron deficiency.

Storage instructions

Store in a cool, dry place protected from light (do not refrigerate).

Legal notice

The recommended daily intake must not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of small children.

Product information

Application:	Women, Immune system, Sport, Metabolism
Dosage form:	In vegan capsules.
Micronutrients:	Copper, Folic acid, Iron, Riboflavin, Vitamin B6, Vitamin B12, Vitamin C
Plants:	Rosemary
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements