

OTHER INGREDIENTS: Capsule (gelatine), cellulose, calcium beadlet, food glaze.

CONTAINS NO artificial colours, flavours or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soya, crustacean shellfish or fish.

KEEP OUT OF THE REACH OF CHILDREN. Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied diet.

Our Prolonged Release tablet incorporates an advanced manufacturing technique which allows nutrients to be released slowly (over approximately 2-4 hours) promoting optimal assimilation.

**We Guarantee Our Supplements
for Potency and Purity**

G. BALDWIN & CO
LONDON SE17 1RW
www.baldwins.co.uk



G Baldwin & Co

Prolonged Release Beadlets

IRON COMPLEX

29 mg

Iron with Vitamins

Food Supplement

30 CAPSULES

Product Information

Serving Size 1 Capsule

Amount Per Serving		% RDA†
Vitamin C (as ascorbic acid).....	60 mg	75%
Vitamin B6 (as pyridoxine HCl).	10 mg	715%
Folic Acid	400 µg	200%
Vitamin B12 (as cobalamin)	250 µg	10,000%
Iron (from ferrous fumarate)	29 mg	207%

† Recommended Daily Allowance

DIRECTIONS FOR USE: Take one capsule daily with food.

This product contains iron, which if taken in excess, may be harmful to very young children.

For Best Before End see bottom of the bottle.

STORE IN A COOL DRY PLACE UK 619-30UH

