

Iron Forte 60 caps

Image of Iron Forte 60 caps type unknown

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LE4280384

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Fer Forte: Boost your vitality

Description

Dosage

1 capsule per day, with a meal and a glass of water. For adults only.

Recommendations

A food supplement is not a medicine. Keep out of reach of children. Inform your doctor and/or pharmacist if you are taking any medicines at the same time. For pregnant or breastfeeding women, ask your therapist for advice. Keep away from light and moisture.

Optimize your vitality with Fer Forte

Fer Forte is a dietary supplement designed to meet the iron needs of individuals with specific diets or requirements, such as pregnant women, vegetarians, or vegans. This product utilizes a bioavailable iron salt, iron bisglycinate, known for its excellent absorption and superior digestive tolerance.[1] Enriched with vitamins B6 and B9 in their bioactive forms, Fer Forte offers an effective synergy to support overall health.

Fer Forte is formulated to provide an optimized source of iron, an essential element for the proper functioning of many biological processes. Iron is vital as it promotes the formation of hemoglobin, the protein in red blood cells that transports oxygen from the lungs to all parts of the body.[2] This transport function is important not only for maintaining our energy levels and vitality but also for supporting the proper functioning of the immune system.

The body requires iron for several essential functions. It may not produce enough healthy red blood cells, and without an adequate amount of iron, this can lead to chronic fatigue, weakness, and a weakened immune system.

Maximize iron absorption with Fer Forte

- One of the main advantages of Fer Forte is the use of iron bisglycinate, a form of chelated iron that offers superior bioavailability. This technical specificity means that the iron is bound to two glycine amino acid molecules, facilitating its absorption in the intestines. This configuration prevents the iron from reacting with other compounds in the stomach, which can often lead to gastrointestinal problems such as irritations and constipation, commonly observed with other forms of iron such as ferrous sulfate.[4] Thus, Fer Forte ensures a more effective absorption of iron by the body, maximizing the health benefits without the digestive discomfort associated with other supplements.
- The chelated structure of iron bisglycinate also promotes better cellular absorption. By being more directly available for absorption, iron can be more efficiently utilized by cells for critical biological processes such as hemoglobin formation. This increased efficiency helps prevent iron deficiencies and reduce fatigue while supporting a healthy metabolism.
- In our commitment to providing pure and natural products, Fer Forte incorporates natural excipients such as rice starch and capsules made of pullulan. Rice starch serves as a natural and inert filler, increasing the stability of the capsule without interfering with the effectiveness of iron bisglycinate. Pullulan, used for the capsules, is a natural polysaccharide obtained through fermentation. This choice of excipients not only ensures the purity of our formula but also contributes to the biodegradability and environmental safety of the product.

Composition

Nutritional information

NUTRITIONAL INFORMATION	1 CAPSULE	AR%*
Iron element	45mg	321
Vitamin B6	6mg	428
Vitamin B9	300?g	150

* Recommended Daily Allowance (Directive 2008/100/EC amending -> Decree 08.01.1992)

Composition

Iron bisglycinate; Pyridoxal 5 Phosphate (P5P), Methyltetrahydrofolates (QUATREFOLIC - 5-MTHF); rice starch; capsule shell.

Characteristic:	Vegan
Form:	Capsule
Free from:	Casein, Gluten, Lactose, Preservatives, Synthetic dyes, Synthetic flavors
Raw Material:	Iron, Vitamin B6, Vitamin B9