

SPATONE IRON – ALL THE IRON YOU NEED, WITHOUT THE HEAVY METAL



Iron is a mineral used in the production of red blood cells and is specifically a component of haemoglobin, a protein that delivers oxygen around the body. If there is a deficiency of iron, the body's ability to transport oxygen is affected and the body suffers from anaemia. Symptoms can be tiredness, dizziness, pale skin, a lack of energy and impaired immune system. It can also lead to the inability to perform physical tasks well, poor attention and other learning problems.

Spatone Iron is an effective alternative to high-dose iron supplements. Its high bioavailability means there is a 40% absorption rate, which is much higher than traditional manufactured iron supplements. 1–2 sachets per day delivers effective results without the high incidence of G.I. side effects like constipation. Vitamin C increases the absorption of iron; therefore mixing Spatone with a little juice ensures maximum absorption. 100% natural, clinically proven, ideal in pregnancy.