

INFORMATION ACCORDING TO THE EU FOOD INFORMATION REGULATION Nr. 1169/2011

Name of the food	BlueIron Pregnancy 250ml Food supplement 																															
Address of the distributor	Hager Pharma GmbH, Ackerstr. 5, 47269 Duisburg, Deutschland																															
PZN	19834311																															
List of ingredients	Wasser, Zucker, Eisen (Eisensaccharatkomplex), natürliches Blaubeerkonzentrat und Aroma, Vitamin C (Ascorbinsäure), Vogelbeerextrakt, Säureregulator: Zitronensäure, Verdickungsmittel: Xanthan.																															
Ingredients and processing aids that cause allergies and intolerances	Not applicable, no allergens requiring labeling.																															
Nutritional value table	<table><tr><th>Nährstoff</th><th>pro 7,5-ml-dosis</th><th>% RI*</th></tr><tr><td>Eisen</td><td>18,75 mg</td><td>134</td></tr><tr><td>Vitamin C</td><td>30 mg</td><td>38</td></tr><tr><td>Vitamin B12</td><td>5 µg</td><td>200</td></tr><tr><td>Folsäure</td><td>400 µg</td><td>200</td></tr></table> *RM=Nutrient Reference Values per day / Prozent der Referenzmenge für die tägliche Zufuhr NÄHRWERTE pro 100 ml <table><tr><td>Energie</td><td>260kJ (61kcal)</td></tr><tr><td>Fett</td><td>0 g</td></tr><tr><td>davon gesättigte Fettsäuren</td><td>0 g</td></tr><tr><td>Kohlenhydrate</td><td>15 g</td></tr><tr><td>davon Zucker</td><td>11 g</td></tr><tr><td>Ballaststoffe</td><td>0,5 g</td></tr><tr><td>Eiweiß</td><td>0 g</td></tr><tr><td>Salz</td><td>0 g</td></tr></table>	Nährstoff	pro 7,5-ml-dosis	% RI*	Eisen	18,75 mg	134	Vitamin C	30 mg	38	Vitamin B12	5 µg	200	Folsäure	400 µg	200	Energie	260kJ (61kcal)	Fett	0 g	davon gesättigte Fettsäuren	0 g	Kohlenhydrate	15 g	davon Zucker	11 g	Ballaststoffe	0,5 g	Eiweiß	0 g	Salz	0 g
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Net filling quantity	250 ml																															



FINNO HEALTH

Shelf life	730 days
If applicable, special instructions for storage and/or use	If you are pregnant or breastfeeding, always consult your midwife or gynecologist before taking any food supplement. Do not exceed the stated recommended daily dose unless advised by your midwife or gynecologist. Food supplements should not be used as a substitute for a varied diet. Keep this product out of the reach of small children. Do not use if the seal is broken.
Country of origin or place of origin, if applicable	Finland
Instructions for use, if difficult to use food without them	Shake gently before use. Adults: 1 x 7.5 ml per day. During pregnancy, it may be necessary to increase the recommended daily dose above. This should only be done after consultation with your midwife or gynecologist and under their supervision. Once opened, use within 3 months.

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