

## Pure Drop Iron (LA2000-250)

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### Product description

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Medicinal ingredients per 10 ml dose

Iron (Iron gluconate): 20 mg Vitamin B1 (Thiamine): 3 mg Vitamin B2 (Riboflavin): 5 mg  
Vitamine B6 (Pyridoxine): 2.5 mg Non-medicinal ingredients: Purified water, concentrated fruit juices  
(apple, grape, blueberry, pomegranate, cranberry).

No added sugar, aroma or coloring agents. No preservatives. No allergens (gluten, wheat, dairy  
products, yeast, corn). Natural source active agents.

Therapeutic virtues:

Essential for life, iron plays an important role in our body and is found in most foods but it is often  
the mineral that we are lacking the most (one in ten people are iron deficient). It is mainly 60% to  
70% of the composition of haemoglobin, that pigment that gives blood its color and transports  
oxygen to the cells in the body. Iron can't get there without the help of vitamin C. Leftover iron ends  
up in the liver, the spleen, bone marrow and muscles. Iron is particularly essential during periods of  
growth: during childhood but more importantly during the teenage years and pregnancy. Iron is  
needed for transporting oxygen from the lungs to the cells and for the return trip of carbon dioxide. It  
is also found in the form of enzymes in charge of regulating energy levels, that make different  
systems in the body work properly and to synthesize DNA.

Contributes to growth and good health; Helps prevent iron deficiency and/or Iron Deficiency  
Anemia; Cures Iron Deficiency Anemia; Helps provide pregnant women with the recommended  
intake of iron in a healthy diet; Helps in the formation of red blood cells and their proper functions;  
Reduces fatigue due to iron deficiency; Increases concentration and reduces learning difficulties;  
Eliminates headaches due to iron deficiency; Gives a healthy complexion; Reduces pain  
associated with periods; Eliminates shortness of breath caused by iron deficiency; Increases  
resistance to illness, reducing repetitive infections caused by iron deficiency. Advice from our  
naturopath to optimise iron absorption:

Calcium, tea and coffee reduce iron absorption, take with 2 hours or more of an interval; Vitamin C  
helps iron absorption, take with a food or beverage rich in vitamin C; Iron supplements with an iron  
sulphate base or inorganic iron may destroy vitamin E, choose an organic iron supplement (such as  
iron gluconate or fumarate) that has less effect on constipation. Use:

May be taken in a glass of juice or water. Take with food a few hours before or after taking other  
medications. Shake well before use. To avoid contaminating the product, do not drink directly from  
the bottle. Use within 4 weeks of opening the bottle.

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## Primary picture

