

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

Name of the food	BlueIron Eisen Liquid 250ml Food supplement 																					
Address of the distributor	Hager Pharma GmbH, Ackerstr. 5, 47269 Duisburg, Deutschland																					
PZN	19834305																					
List of ingredients	Wasser, Zucker, Blaubeersaft (2%), Vitamin C, Eisensaccharat, Säureregulator (Zitronensäure), Zinkoxid, Verdickungsmittel (Xanthan), Vitamin B12 (Cyanocobalamin), Konservierungsstoffe (Kaliumsorbat), Folsäure, Biotin, Blaubeeraroma.																					
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 10-ml-Dosis</th><th>% RM*</th></tr><tr><td>Eisen</td><td>14 mg</td><td>100</td></tr><tr><td>Vitamin C</td><td>32 mg</td><td>40</td></tr><tr><td>Vitamin B12</td><td>0,48 µg</td><td>19</td></tr><tr><td>Folsäure</td><td>80 µg</td><td>40</td></tr><tr><td>Biotin</td><td>10 µg</td><td>20</td></tr><tr><td>Zink</td><td>2,3 mg</td><td>23</td></tr></table> *RM=Nutrient Reference Values per day based on adults / Prozent der Referenzmenge für die tägliche Zufuhr, bezogen auf Erwachsene	Nährstoff	pro 10-ml-Dosis	% RM*	Eisen	14 mg	100	Vitamin C	32 mg	40	Vitamin B12	0,48 µg	19	Folsäure	80 µg	40	Biotin	10 µg	20	Zink	2,3 mg	23
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Net filling quantity	250 ml																
Shelf life	730 days																
If applicable, special instructions for storage and/or use	Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied diet. Keep out of 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 and children 11 years and older: 10 ml per day. Children 7-10 years old: 5 ml per day. Children 4-6 years old: 2,5 ml per day. Suitable for use during pregnancy. Consume within 3 months of opening.																

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