

Spatone Iron-Rich Water Natural



Category
Vitamins, Minerals and
Nutritionals
Manufacturer
A NELSON & CO LTD
Pack size
14 sachets
RRP
£9.99
Legal Status



Uses

Daily iron supplement.



Format and Ingredients and %NRV

Sachet containing:

Natural Iron-Rich Water, Containing Iron 5mg 36,



Dosage

Best taken with a juice high in vitamin C separate from other food or drink. Adults and children over 2 years: 1 sachet daily. Pregnant women: 2 sachets daily.