



MÉDERI
NUTRICIÓN INTEGRATIVA
mederinutricion.com

HEMAFERRINA®



Description: Food supplement based on lactoferrin, betaine, inositol, choline, vitamins and minerals.

Directions for use / recommended dose: Take one (1) to three (3) tablets daily, preferably before each meal, with half a glass of water (125 mL), or as recommended by a professional.

Presentation: Bottle of 90 tablets of 1,500 mg.

Composition: Iron pyrophosphate, bulking agent (microcrystalline cellulose), magnesium bisglycinate, inositol, choline bitartrate, L-ascorbic acid (vitamin C), bulking agent (dicalcium phosphate dihydrate), lactoferrin (**milk derivatives**), betaine HCl, DL-alpha-tocopheryl acetate (vitamin E), coating: AquaPolish® F clear 099. 28 MS (coating agent: hydroxypropyl methylcellulose, anti-caking agents: microcrystalline cellulose and stearic acid), calcium D-pantothenate (pantothenic acid), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), nicotinamide (niacin), methylcobalamin (vitamin B12), cholecalciferol (vitamin D), pyridoxine hydrochloride (vitamin B6), anti-caking agents (vegetable magnesium stearate and AEROSIL® 200 F (silicon dioxide)), anhydrous copper sulphate, retinyl acetate (vitamin A), calcium L-methylfolate (folic acid) and D-biotin (biotin).

Storage conditions: Keep container tightly closed in a cool, dry place.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of young children.





Ingredients:

Ingredients	1 tablet	3 tablets
Inositol	100.0 mg	300.0 mg
Vitamin C	100.0 mg (125.00 %*)	300.0 mg (375.00 %*)
Lactoferrin	50.0 mg	150.0 mg
Betaine	49.6 mg	148.9 mg
Choline	41.1 mg	123.3 mg
Magnesium	40.0 mg (10.66 %*)	120.0 mg (32.00 %*)
Iron	28.0 mg (200.00 %*)	84.0 mg (600.00 %*)
Vitamin B1	10.0 mg (909.09 %*)	30.0 mg (2,727.27 %*)
Vitamin B2	10.0 mg (714.30 %*)	30.0 mg (2,142.86 %*)
Niacin	10.0 mg NE (62.50 %*)	30.0 mg NE (187.50 %*)
Pantothenic acid	10.0 mg (166.70 %*)	30.0 mg (500.00 %*)
Vitamin E	10.0 mg α-TE (83.33 %*)	30.0 mg α-TE (250.00 %*)
Vitamin B6	4.0 mg (285.71 %*)	12.0 mg (857.14 %*)
Copper	1,000.0 µg (100.00 %*)	3,000.0 µg (300.00 %*)
Vitamin A	300.3 µg RE (37.54 %*)	900.9 µg RE (112.61 %*)
Folic acid	100.0 µg (50.00 %*)	300.0 µg (150.00 %*)
Biotin	30.0 µg (60.00 %*)	90.0 µg (180.00 %*)
Vitamin D	20.0 µg (400.00 %*)	60.0 µg (1,200.00 %*)
Vitamin B12	10.0 µg (400.00 %*)	30.0 µg (1,200.00 %*)

*NRV: Nutrient Reference Value for vitamins and minerals.

Properties and possible applications:

Iron contributes to the normal formation of red blood cells and haemoglobin, to normal cognitive function, to normal energy metabolism, to normal oxygen transport in the body, to the normal functioning of the immune system and helps to reduce tiredness and fatigue.

Thiamine (vitamin B1) contributes to normal energy metabolism, normal psychological function, and normal functioning of the nervous system and heart.

Riboflavin (vitamin B2) contributes to the maintenance of red blood cells under normal conditions, the normal metabolism of iron and the normal functioning of the nervous system. In addition, it contributes to the protection of cells against oxidative damage and helps reduce tiredness and fatigue.

Niacin (vitamin B3) contributes to normal energy metabolism, normal functioning of the nervous system, normal psychological function and helps reduce tiredness and fatigue.

Pantothenic acid (vitamin B5) contributes to normal energy metabolism, normal intellectual performance, the synthesis and normal metabolism of steroid hormones, vitamin D and some neurotransmitters and helps reduce tiredness and fatigue.



Vitamin B6 contributes to the normal formation of red blood cells, normal energy metabolism, normal functioning of the nervous system and the immune system and helps reduce tiredness and fatigue and regulate hormonal activity.

Folate (vitamin B9) contributes to the growth of maternal tissues during pregnancy, to the normal formation of blood cells, to the normal functioning of the immune system and helps reduce tiredness and fatigue.

Vitamin B12 contributes to the normal formation of red blood cells, normal energy metabolism, normal functioning of the nervous system and the immune system and helps reduce tiredness and fatigue.

Vitamin C improves the absorption of iron and contributes to the normal functioning of the immune and nervous systems, to normal energy metabolism, to the protection of cells against oxidative damage and helps reduce tiredness and fatigue.

Vitamin A contributes to the normal metabolism of iron, the process of cell differentiation and the normal functioning of the immune system.

Vitamin E contributes to the protection of cells against oxidative damage.

Vitamin D contributes to the process of cell division and the normal functioning of the immune system.

Magnesium contributes to normal energy metabolism, normal functioning of the nervous system, normal protein synthesis, normal psychological function and helps reduce tiredness and fatigue.

Copper contributes to the normal transport of iron in the body, to normal energy metabolism, to the normal functioning of the nervous and immune systems and to the protection of cells against oxidative damage.