



## Sanct Bernhard Sport Iron Vitamin C Capsules

Nutritional supplement

### Good to know:

The human organism is dependent on the regular intake of minerals. Iron is particularly important for a well-functioning body, as it is part of haemoglobin, which provides red blood cells (erythrocytes) with their colour and transports the inhaled oxygen from the lungs to all cells of the body via the blood circulation. Endurance and high-performance sportspeople require iron for the normal, sufficient transportation of oxygen within the body. Iron also contributes towards the normal metabolic energy rate and the reduction of fatigue. Vitamin C supports the absorption of iron and contributes towards protection of the cells against oxidative stress.

**Ingredients:** Acerola Extract, Maltodextrin (bulking agent), Gelatine, Iron(II)-Gluconate, Microcrystalline Cellulose (bulking agent), Magnesium Stearate (separating agent).

### Recommended use:

Swallow 1-2 capsules with sufficient liquid.

|                    | per capsule | per daily dose<br>(2 capsules) | % of<br>recommended<br>daily amount<br>according to NRV* | per 100 g<br>capsules |
|--------------------|-------------|--------------------------------|--|-----------------------|
| Acerola<br>Extract | 353 mg      | 706 mg                         | **   | 58 g                  |
| Vitamin C          | 60 mg       | 120 mg                         | 150  | 10 g                  |
| Iron               | 10 mg       | 20 mg                          | 143  | 2 g                   |

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

\*\* no reference value available yet

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 180 capsules = 107 g**

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[www.sanct-bernhard-sport.com](http://www.sanct-bernhard-sport.com)