

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

Name of the food	BlueIron capsules 30mg
	Food supplement
	RUGADO
Address of the distributor	Hager Pharma GmbH, Ackerstr. 5, 47269 Duisburg, Deutschland
PZN	19834297
List of ingredients	Cellulose, Eisen III reduziert, Blaubeerpulver, Vitamin C, Füllsto (Stearat), Überzugsmittel (Silizium), Kohlendioxid.
Ingredients and processing aids that cause allergies and intolerances	Not applicable, no allergens requiring labeling.
Nutritional value table	Nutrient per 1 capsule Iron 30mg Vitamin C 40mg
Net filling quantity	60x30g
Shelf life	36 months
If applicable, special instructions for storage and/or use	Keep out of reach of children. Store in a dry place away from direct sunlight. Food supplements are not a substitute for a healthy diet.
Country of origin or place of origin, if applicable	Finland
Instructions for use, if difficult to use food without them	Adults: Take 1 capsule per day with any meal.

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