

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

Name of the food	BlueIron Original 250ml Food supplement 																					
Address of the distributor	Hager Pharma GmbH, Ackerstr. 5, 47269 Duisburg, Deutschland																					
PZN	19834305																					
List of ingredients	Mineralwasser, Zucker, Natürliches Blaubeerkonzentrat und Aroma, Vitamin C (Ascorbinsäure), Eisen (Eisensaccharatkomplex), Säureregulator: Zitronensäure, Zinkoxid, Bindemittel: Xanthan Gum, Vitamin B12 (Cyanocobalamin), Konservierungsstoffe: Kaliumsorbat, Folsäure, Biotin.																					
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 / Prozent der Referenzmenge für die tägliche Zufuhr	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
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																				

	NÄHRWERTE pro 100 ml <table> <tr> <td>Energie</td><td>260kJ (61kcal)</td></tr> <tr> <td>Fett</td><td>0 g</td></tr> <tr> <td>davon gesättigte Fettsäuren</td><td>0 g</td></tr> <tr> <td>Kohlenhydrate</td><td>15 g</td></tr> <tr> <td>davon Zucker</td><td>11 g</td></tr> <tr> <td>Ballaststoffe</td><td>0,4 g</td></tr> <tr> <td>Eiweiß</td><td>0,2 g</td></tr> <tr> <td>Salz</td><td>0 g</td></tr> </table>	Energie	260kJ (61kcal)	Fett	0 g	davon gesättigte Fettsäuren	0 g	Kohlenhydrate	15 g	davon Zucker	11 g	Ballaststoffe	0,4 g	Eiweiß	0,2 g	Salz	0 g
Energie	260kJ (61kcal)																
Fett	0 g																
davon gesättigte Fettsäuren	0 g																
Kohlenhydrate	15 g																
davon Zucker	11 g																
Ballaststoffe	0,4 g																
Eiweiß	0,2 g																
Salz	0 g																
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): 5 ml per day. Children (3–6 years): 2.5 ml per day. Suitable for use during pregnancy. Consume within 3 months of opening.																

Finno Health Oy
 Kärryväylä 4
 60100 Seinäjoki
 Finland
 VAT: FI34290093
info@finnomedical.fi