

Oligogal® Fe

Iron

+ C + B12 + Folic acid

Powder for direct oral use

Dietary supplement with sweetener

No preservatives, gluten and lactose

Oligogal® Fe Direct, powder for direct oral use, is an additional source of iron and vitamin C, B12 and folic acid, intended for the production of red blood cells and haemoglobin in adolescents, pregnant and lactating women and vegetarians. Iron contributes to the normal production of red blood cells and haemoglobin and transfer of oxygen in the body. Folic acid contributes to normal blood formation. Iron, vitamin C and folic acid contribute to the normal functioning of the immune system and reduce fatigue and exhaustion. Folic acid contributes to normal metabolism and homocysteine and the growth of maternal tissues during pregnancy. Additional intake of folic acid increases the level of folate in mothers. Low level of folate in a mother poses a risk factor for neural tube defects in the fetus (this applies to women in reproductive period, and the beneficial effect is achieved by additional intake of at least 400,0 µg of folic acid for at least one month before and during the three months following conception).

COMPOSITION OF ACTIVE INGREDIENTS	1 SACHET	NRV*	100g
Iron (iron – III – pyrophosphate)	20,0mg	143	1,0g
Vitamin C (L– ascorbic acid)	100,0mg	125	5,0g
Folate (e)	600,0 µg	300	30,0mg
Vitamin B12 (methyl cobalamin)	2.5 µg	100	125,0 µg

*NRV – Nutrient Reference Value

Ingredients

Sorbitol (bulking agent), L-ascorbic acid, iron – III – pyrophosphate, strawberry flavour, steviol-glycosides (sweetener), calcium-L-5-methyltetrahydrofolate, methyl cobalamin

Administration

Adults and children over 12 years of age: Once a day, dissolve the contents of 1 sachet directly in the mouth, without adding liquid and swallow.

Note

Dietary supplements cannot be used as a substitute for a varied and balanced diet!
Keep out of reach of children.

Warnings

The recommended daily dose should not be exceeded.
The product must not be used by persons hypersensitive to any ingredient of the product.
The product is not intended for younger than 12 years of age.
Pregnant and lactating women and people taking certain medications should consult their

doctor before using this product.
Excessive use may cause a laxative effect.

Storage

Store below 25°C, in a dry place.

Shelf life

Best before the expiry date specified on the packaging.

Packaging

14 sachets with powder for direct oral use.

Holder of notification in database of Ministry of Health of Republic of Serbia:

Galenika a.d., Batajnički drum b.b., 11080 Belgrade, Republic of Serbia



Produced in Republic of Serbia.