



# IroTec

Iron + Folic acid

*lactose- & gluten-free*

**Folic acid contributes to the normal function of the immune system**

**Iron contributes to normal formation of red blood cells and haemoglobin**

People who do not provide their bodies with enough Iron tend to suffer from tiredness and fatigue. In particular, women have to pay attention to a sufficient supply of Iron due to the increased Iron requirement through menstruation and pregnancy, but elderly people also often suffer from an Iron deficiency.

Blood circulates in the vascular system to supply all our organs with nutrients and oxygen. It is therefore vital to maintain a normal blood formation and healthy blood vessels. Nutrition plays an important role in the maintenance of these parameters, so that normal blood production can only take place when all required nutrients are supplied at sufficient levels which prevents anaemia.

**Doppelherz® aktiv IroTec film-coated tablets release optimal amounts of Iron and Folic acid.**

**Iron** is particularly essential for a normal blood formation. Iron is a part of haemoglobin, the protein that fills red blood cells and gives them their red color and their ability to carry oxygen. Furthermore, Iron helps release energy from food and supports proper function of the immune system.

**Folic acid** is a vital vitamin that the body cannot produce itself. It has to be taken regularly and with sufficient nutrition. Folic acid participates in cell division. It also plays a role in the normal functioning of the immune system and in normal blood formation. Folic acid also contributes to the reduction of tiredness and fatigue.

To prevent Iron deficiency due to inadequate Iron intake, **Doppelherz® aktiv IroTec** with the combination of Iron and Folic acid gives the body exactly the strengthening it needs when too little Iron was absorbed. Daily intake of one tablet **Doppelherz® aktiv IroTec** early on in the pregnancy ensures maintenance of normal levels of maternal and fetal haemoglobin, prevents antenatal anaemia and decreases the risk of neural tube defects.

**One tablet contains:**

138 mg Ferrous sulfate (Elemental Iron: 45 mg) and 600 µg Folic acid.

**Recommendation:**

Take one tablet daily at meal with sufficient liquid. Do not chew.

Do not exceed the stated recommended daily dosage! Maximum of 1 tablet in 24 hours. Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children. This product contains Iron, which if taken in excess may be harmful to very young children. Patients suffering from Iron overload disorders should not take this product. Store in a dry place and not above 25 °C.

**Energetic value:**

One tablet corresponds to 1 kcal/5 kJ.



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