



## Naka Products

**IronVital F®: Available in 500 ml & 250 ml liquids plus a 5 ml sample size.**

### Product benefits by category:

- GOLD** Athletic Performance, **Fatigue & Low Energy**, Hair, Skin & Nails, Immune System, Memory, **Women's Health**.
- SILVER** Digestion Aid, Osteoporosis, PMS.
- BRONZE** General Prevention, Mood, Vitamins & Minerals.

### Tired? Listless? Pale skin? LIQUID IronVital F® provides vital energy!

IronVital F® liquid helps fulfill your daily requirement for iron and contains iron in bivalent form. It has a pleasant fruit taste and is ideal to take during pregnancy, breastfeeding, menstruation, growth stages and while exercising intensely. The combination of vitamin C in IronVital F® helps the iron to be absorbed readily by the human body, while the B vitamins enhance the effects of the iron.

### Directions:

Shake well before use. The total daily dose can be taken at one time or divided in half and taken twice spread throughout the day about 1 hour before meals and without any other supplements or medications. Use the calibrated measuring spoon as provided to obtain an accurate dosage. Do not drink directly from the bottle. Discard any remaining product 4 weeks after opening.

### Recommended daily dose:

Note: 10 ml of **IronVital F®** = 10 mg of iron.

#### Females

9-13 years ..... 8 mg  
 14-18 years 15 mg  
 19-49 years 18 mg  
 50 years + ..... 8 mg

#### Males

9-13 years ..... 8 mg  
 14-18 years 11 mg  
 19 years + ..... 8 mg

Vegetarians require significantly more iron...

Females 14-18 years...26 mg  
 Females 19-30 years...33 mg

Or as directed by a health care practitioner. Do not exceed the recommended daily dose.



### Ingredients:

#### Medicinal ingredients: Per 10 ml teaspoon

Elemental Iron (From 89.1 mg Iron II gluconate).....	10 mg
Vitamin C (Ascorbic Acid) .....	60 mg
Vitamin B1 (Thiamine hydrochloride) .....	0.7 mg
Vitamin B2 (Riboflavin-5-phosphate).....	0.8 mg
Vitamin B6 (Pyridoxine hydrochloride) .....	2 mg
Vitamin B12 (Cyanocobalamin) .....	3 µg
Pantothenic Acid (Calcium-d-pantothenate).....	6 mg
Niacinamide (Nicotinamide) .....	9 mg
Extract from:	
Rosemary (Rosmarinus officinalis) [leaves] .....	2.69 mg
Bitter Orange (Citrus aurantium) [peels] .....	2.64 mg
Lemon Balm (Melissa officinalis) [leaves].....	2.06 mg
Gentian (Gentiana lutea) [root].....	1.64 mg
Yarrow (Achillea millefolium) [aerials].....	1.43 mg
Stinging Nettle (Urtica dioica) [leaves] .....	0.98 mg

**Non-medicinal ingredients:** Red grape juice from concentrate, cherry juice from concentrate, apple juice from concentrate, beetroot juice from concentrate, water, fructose, natural flavours, guar gum, locust bean gum, pectin.

### Precautions:

- This product must be refrigerated after opening. Failure to do so may result in the bottle bursting which may cause injury.
- Herbs may cause transient adverse effects such as nausea, vomiting, and GI distress.

**Excessive amounts of iron can be harmful to children. Keep this product out of the reach of children.**

### Nutritional facts per 10 ml serving

Caloric value .....	33 kJ (8 kcal)
Proteins .....	< 0.1 g
Carbohydrates .....	1.8 g
Fat .....	< 0.1 g