



- Supports Hemoglobin Formation
- For Iron Deficiency Anemia
- Helps The Immune Functions
- Improves Energy Levels
- Supports Healthy Skin, Nails & Hair

**Nutro Fer** is a dietary supplement that contains iron, which is an essential trace mineral and important for the formation of hemoglobin, which helps transport oxygen throughout the cardiovascular system. It helps ensure and maintain optimal iron levels in the body and reduces iron deficiency, which helps muscles and brain function and supports a strong immune system.

Iron is also necessary to maintain healthy cells, skin, hair, and nails.

Each capsule provides 100 mg of elemental Ferrous Fumarate. This form of iron is easy for your body to absorb and is less likely to cause gastrointestinal side effects and decrease gastric irritation than other forms of iron. Therefore, it is gentle enough to take anytime of the day, even on an empty stomach.

Additionally, vitamin C can increase the amount of iron and enhance iron absorption.



#### SUPPLEMENT FACTS

Ferrous Fumarate	305 mg	Copper	500 mcg	Vitamin B1	50 mcg
Elemental	100 mg	Folic acid	400 mcg	Vitamin B2	30 mcg
Vitamin C	20 mg	Vitamin B12	8 mcg	Vitamin B6	200 mcg

#### DIRECTIONS FOR USE

Take 1-2 capsules daily. Take it on an empty stomach or at least one hour before or two hours after you eat a meal, or as recommended by a healthcare professional.

Manufactured for:  
**Alwidad**

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