Ferrum lasis® is a food supplement containing iron pyrophosphate microencapsulated in liposomal form, vitamin B12, vitamin C and folic acid, useful to address the alimentary deficiencies or increased organic needsof iron. Iron contributes to the formation of red blood cells and haemoglobin, folic acid to the normal bloodformation and vitamin C increases iron absorption. Vitamin B12, together with all the other components, contributes to the reduction of tiredness and fatigue. Ferrumlasis® is formulated in granules that dissolvequickly in the mouth for easy intake without the need for water and with a pleasant taste with no metallicaftertaste.

According to the World Health Organization, the most common mineral deficiency in humans is that of iron.

Women and children are the most susceptible, although not the only ones to be affected.

The technology of microencapsulation in liposomal form, already successfully used in pharmaceuticalformulations, allows iron supplementation without any of the typical side effects of oral food supplements, such as heartburn, diarrhea, constipation and nausea.

Ferrum lasis® ensures maximum tolerability even when a constant intake for long periods is needed. Besides the excellent tolerability, microencapsulated iron also allows a greater and more rapid absorption of the mineral, since the microencapsulation makes the product resistant to the acidity of the stomach and other parts of the digestive process; the product remains intact until it reaches the enterocytic duodenal walls.

# When using Ferrum lasis®:

- During pregnancy and lactation
- In preconceptional period, thanks to the presence of folic acid
- In cases of heavy menstrual bleeding or menometrorrhagia
- In the presence of various types of bleeding (nosebleeds, hemorrhoids, ulcers, wounds, intestinal wormsand hook pinworms, abuse of anti-inflammatory drugs such as aspirin or anticoagulants)
- To prevent premenstrual syndrome
- In case of frequent feeling of tiredness, fatigue, weakness and asthenic symptoms
- During sporting activity, especially women of childbearing age
- In children and adolescents
- In low-calorie, vegetarian or unbalanced diets

### Method of administration:

The recommended dose is of 1-2 stick per day at any time of the day, as Ferrum lasis® does not have interactions with foods or medicines. Ferrum lasis® is a granulate which directly dissolves in the mouth without the need for water.Cut or tear along the dotted line to open the stick. The granulatehas to be placed directly on the tongue, allowed to dissolve in the mouth and swallowed.

Ferrum lasis® can also be dissolved in water or fruit juice.

**Iron** is essential for life. It contributes to normal energy-yielding metabolism, normal formation of redblood cells and haemoglobin. Iron allows the transport of oxygen

around the body and contributes to thereduction of tiredness and fatigue. In pregnancy, the intake of iron is useful to the fetus for the synthesis of new red blood cells and psychomotor development.

**Folic** acid is essential for the synthesis of DNA, proteins and for the formation of haemoglobin; it isparticularly important also for tissues which undergo processes of proliferation and differentiation, such as embryonic tissues. In recent decades, folic acid has been recognized as essential in the prevention of birth defects that may arise in the early stages of embryonic development, in particular those involving the neural tube.

**Vitamin B12** is essential for the growth and development of the organism as it enters into the mechanismsof production of red blood cells and bone marrow; it is necessary for the normal metabolism of nerve tissue, strengthens memory and increases physical energy. Vitamin B12 and folic acid work together to help the body to produce red blood cells.

**Vitamin C** is a watersoluble vitamin with antioxidant and anti-inflammatory properties that performsmany functions in our body. The intake of Vitamin C enhances the absorption of iron because it preventsoxidation in the intestine.

#### Warnings:

Do not exceed the recommended daily dose. Keep out of reach of children under three years of age. Foodsupplements are not intended as substitutes for a varied diet and a healthy lifestyle. It contains a source ofphenylalanine. Excessive consumption may produce laxative effects. Store in a cool, dry and safe place, away from heat and sunlight. Do not dispose in the environment after use. The date of minimum shelf-life refersto the undamaged and properly stored product. Best before end... (see the box).

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## **Exclusive Distributor:**

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