## BlueIron



### Category

Vitamins, Minerals and Nutritionals, Vitamins, Minerals and Nutritionals Manufacturer **G R LANE HEALTH** PRODUCTS LTD Pack size 250ml RRP £16.00 **Legal Status** 





# Format and Ingredients and %NRV

Liquid containing per 10ml dose:

Iron 14mg 100, Vitamin C 32mg 40, Vitamin B12 0.48µg 19, Folic Acid 80µg 40, Biotin 10µg 20, Zinc 2.3mg 23,



### Dosage

Adults and children 11 years and over: 10ml a day. Children 7 10 years: 5ml a day. Children 3-6 years: 2.5ml a day.