

FerroMate 210 mg Tablets Product Information Sheet

FerroMate 210 mg Tablets is a food supplement for individuals who need to supplement iron levels in the body. Iron contributes to the formation of red blood cells and haemoglobin, which transport oxygen around the body, and to the normal function of the body's immune system.

Each FerroMate 210 mg tablet contains 210 mg ferrous fumarate, equivalent to 68mg of elemental iron.

Product Form

Tablet

Light brown, biconvex tablets.

Recommendations for use

Adults (including the elderly): One tablet daily taken orally, preferably at mealtimes.

Do not exceed the stated dose.

Discontinue use and consult a doctor or healthcare professional if an adverse reaction occurs.

Not recommended in children.

Food supplements must not be used as a substitute for a varied or balanced diet.

Warnings and precautions

Contains iron. May cause stomach upset in sensitive individuals.

Overdose may be fatal.

Keep out of the sight and reach of children

In case of pregnancy or breast-feeding mothers please consult a doctor or healthcare professional before use.

Ingredients

Ferrous fumarate BP
Cellulose BP
Maize starch BP
Magnesium stearate BP
Sodium lauryl sulphate BP

Allergy Information

Lactose-free.

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Nutritional Information

One tablet:

Mineral	Quantity (mg)	RDA* (%)
Iron	68	486

* Recommended Daily Allowance

Shelf-life

24 months.

Storage condition

Do not store above 25°C. Store in the original container.

Nature and contents of the container

Bottle: High-density polyethylene container having an easy-twist tamper-evident re-sealable polypropylene cap.
Pack sizes: 100 tablets

Blister: PVC/Aluminium blisters in a cardboard carton.
Pack sizes: 28, 56 and 84 tablets.

Not all packs may be marketed.

Product Manufacture

The product has been developed, manufactured and packaged as nutritional supplement on behalf of Penlan Nutrition, a division of Penlan Healthcare Ltd. The product is manufactured in world-class manufacturing facilities to pharmaceutical standards.

Product Produced and Marketed by

Penlan Nutrition,
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Product Sold and Distributed by

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