

IRON

THE HAEMOGLOBIN BOOSTER

IRON KEY POINTERS

1. **IRON** supplement is an excellent way to reverse iron deficiency, enhance athletic performance, and improve overall well-being.
2. Vitamin C in **Steadfast NUTRITION'S IRON** increases iron absorption and helps boost immunity.
3. Vitamin B Complex boosts energy metabolism, enhancing energy levels.
4. **IRON** increases level of the oxygen carrying proteins haemoglobin and myoglobin found in red blood cells (RBCs) and muscles respectively.
5. **IRON** is a must-have for fitness enthusiasts, professional athletes, and women during their menstrual cycle.
6. **IRON** supplements promote healthy pregnancy and increase energy levels. However, pregnant women should consult the doctor before taking them.
7. **IRON** should be taken with meals to prevent side effects like vomiting, nausea, and diarrhoea.
8. **Steadfast NUTRITION'S IRON** is formulated for everyday usage without any side effects.
9. **Steadfast NUTRITION'S IRON** provides 100% daily requirements of iron for females and 100% daily requirements for males and females for vitamins B1, B2, B3, B5, B6, B7, B9, and B12.
10. **Steadfast NUTRITION'S IRON** contains iron as ferrous fumarate which has high bioavailability.

THE HAEMOGBLOGIN BOOSTER

29 mg

Iron
(as Ferrous fumarate)



Prevents Iron
Deficiency



Increases Energy
Production



65 mg

Vitamin C



Boosts
Haemoglobin



Reduces
Fatigue