

LONGEFERINE

A source of vegetable iron biodisponible



Ref : 1018

NUT/PL/AS 944/20

Presentation: Jar of 120 pills

Directions:

4 pills per day or as advised to take with the meal

Do not use: *In case of an excess in Iron*

LONGEFERINE is a food supplement bringing a source of vegetable iron stemming from a variety of Equatorial spirulina (spirulina platensis).

The body is very thrifty with its iron. The one from the haemoglobin is collected and used, the elimination and the daily needs are low and balanced (1 to 2mg per day).

Researches showed that the Iron from this seaweed was progressively released in a solution recreating the conditions of the digestive pH, when ferrous salts immediately were.

Trials also showed that patients receiving twice a day pills of spirulina platensis increased statistically significantly, their ferritin, their serum iron level and their red blood cells.

4 pills per day of Longeferine allows to bring 85% of RDA.

Low levels of iron must be corrected. For the woman during menstrual period, the losses increase.

During pregnancy, the needs in Iron are considerably increased with maximum need during the last trimester.

Composition for 1 pill : spiruline rich in Iron : 500mg