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Spatone Daily Iron Shots 28 Sachets

Ingredients

Natural iron-rich water (with nothing else added)

Nutrition Information per sachet

	%NRV**
Iron (Fe ²⁺)	5mg (36%)
NRV = Nutrient Reference Value	

**The Nutrient Reference Value (NRV) is based on the relative bioavailability of iron from foods (absorption from foods varies from 5-15%). However, the iron naturally present from Spatone Liquid Iron has a high absorption (average 40%), which means taking a daily sachet as part of your diet should help meet your daily requirement.