

# 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**



**Uses**



**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.