

# BlueIron



## Category

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:

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.