

# SmartFerrin® B12



## Smart combination preparation: plant-based iron combined with vitamin B12, copper and vitamin C

To ensure the daily supply of iron and to facilitate a plant-based diet, Biogena has developed an innovative preparation for the daily supplementation of important nutrients: SmartFerrin® B12.

A vegetarian or vegan diet usually goes hand in hand with a healthier lifestyle. However, the complete avoidance of animal products can make it difficult to obtain an adequate supply of some nutrients. When following a vegetarian or vegan diet, iron and copper levels should be monitored, while vitamin B12 is also a critical nutrient in a strictly vegan diet.


All three nutrients influence numerous processes in the body: As a component of the red blood pigment haemoglobin, iron is involved in oxygen transport. However, energy production and immune functions are also dependent on an adequate iron supply. Full iron stores therefore form an important basis for health, energy and performance. The trace element copper is also included to support normal iron transport. Vitamin B12 contributes to the normal formation of red blood cells and plays a role in energy metabolism and the nervous system. It also contributes to the reduction of tiredness and fatigue and supports the normal functions of the immune system.

SmartFerrin® B12 contains 12 mg of iron per capsule, which is produced using the patented ULTIMINE™ fermentation technology with the fungus *Aspergillus oryzae*. This well-tolerated iron is combined in the MyccoFerrin® complex with vitamin C from red acerola (*Malpighia glabra*). The natural vitamin C increases the absorption of the iron. Vitamin B12 is contained in this product in all three vitamin B12 compounds that occur naturally in the body: Methylcobalamin (M), hydroxocobalamin (H) and adenosylcobalamin (A). SmartFerrin®B12 thus lives up to its name and represents a smart solution for ensuring an ideal nutrient supply with the micronutrients it contains - day after day, simply and vegan.

## SmartFerrin® B12

- Cleverly combined daily supplement, especially for people with a vegetarian or vegan lifestyle
- With iron from the fungus *Aspergillus oryzae* (ULTIMINE™) and vitamin C from red acerola
- With vitamin B12 from three compounds (MHA formulation) and copper
- Vitamin B12 and iron play a role in the normal formation of red blood cells
- Iron contributes to the normal formation of haemoglobin and supports oxygen transport in the body
- Iron and vitamin B12 play a role in energy metabolism and contribute to the reduction of tiredness and fatigue
- Iron, vitamin C, vitamin B12 and copper contribute to the normal function of the immune system
- Vitamin C increases iron absorption and copper supports normal iron transport in the body

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WELCOME TO YOURSELF

**Possible uses:**

- For the daily supply of iron to maintain a normal iron status. The iron requirement may be increased in women of childbearing age, endurance athletes and growing people.
- For the targeted supply of vitamin B12, especially when avoiding meat and dairy products

**Bioavailable micronutrients in pure form**

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100% vegan
- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
MyccoFerrin® complex	310 mg	-
<i>containing: Iron</i>	12 mg	86
<i>containing: vitamin C</i>	35 mg	44
Copper	0.5 mg	50
Vitamin B12 (MHA-Formula)	7.5 µg	300

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

**INGREDIENTS**

MyccoFerrin® complex (acerola fruit juice powder, Aspergillus oryzae powder), hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose, cupric citrate, vitamin B12 MHA Formula® (methylcobalamin, hydroxocobalamin, 5'-desoxyadenosylcobalamin).

**RECOMMENDED DOSAGE**

1 capsule daily with plenty of liquid. Preferably taken on an empty stomach or 1–2 hours after a meal.

**NOTE**

Food supplement in accordance with EU Directive 2002/46/EC


**PACKAGE SIZE AND CONTENT**

90 capsules (3 month supply), 34 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. ULTIMINE™ is a trademark of CURA. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 17.01.2020.



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