FERROMAX OROSOLUBLE SACHETS

Highly palatable orosoluble Iron with instantly melt in the mouth.

Iron is a mineral that body needs to produce red blood cells. When the body does not get enough Iron, a condition called Iron-deficiency anaemia will develop. This condition is associated with excessive tiredness and weakness as there are insufficient red blood cells to transport oxygen throughout the body.

Oxygen is needed to produce energy. Iron-containing supplements are thus useful for the prevention or treatment of Iron-deficiency anaemia.

FERROMAX OROSOLUBE SACHET COMPSOTION:

PRODUCT	COMPOSITION
FERROUS FUMARATE, VITAMIN C	Each 2 gm Sachet Contains:
& FOLIC ACID OROSOLUBLE	Ferrous Fumarate Eq. To Elemental Iron 60 mg
SACHET	Vitamin C 70 mg
	Folic Acid 400 mcg

Information on individual components of Ferromax:

Iron: Iron is essentials for life and is used to carry oxygen in the blood, for cellular respiratory activity, for cell replication, and for building the structure of tissues, organs and muscles.
Approximately 4-5 grams of iron are variously distributed in an adult human, about 70 % of the iron is contained in the red blood cells bound to hemoglobin.
Each day, a person loses about 1 mg of iron through the peeling of old cells lining the skin or the intestine and it is in the intestine that exogenous absorption of iron takes place.
In women of child bearing age, menstrual cycles can double or even triple the amount lost. The iron lost daily should be reconstituted to maintain the proper natural balance.
If this does not occur, either because the loss are excessive or because the amount absorbed is insufficient, a state of iron deficiency develop which, over time, will lead to the development of anaemia. In pregnancy, iron intake is useful to the foetus for synthesis of new red blood cells and for psychomotor development.

Vitamin C: Intake of vitamin C enhances the absorption of iron because it prewvents oxidation in the intestine.

Folic Acid: Folic acid is not produced by the body but must be taken with food to be then assimilated and used. Under normal conditions, the daily requirement of Folic Acid is about 0.2 mg.

Folic Acid is essential for the synthesis of DNA and proteins and for the formation of hemoglobin; it is also particularly important for tissues which undergo processes of proliferation and differentiation, such as embryonic tissues.
In recent decades, Folic Acid has been recognized as essential in the prevention of birth defects that may arise in the early stages of embryonic development, in particular those involving the neural tube. In general, Folic acid deficiency in pregnancy can more easily results in adverse outcomes such as: intrauterine growth retardation, premature delivery and placental lesions.

During pregnancy, the daily requirement of Folic acid is 0.4 mg because the foetus uses the mother's reserves. In adults, Folic Acid deficiency may be manifested by anaemia, which is related to high levels of amino acid homocysteine, considered to be an indicator of cardiovascular risk.

Approx. Nutritional Values per 100 g	
Energy	389.36 Kcal
Proteins	<0.1 g
Carbohydrates	86.0 g
Fat	5.04 g
Sugar	83.474 g

INDICATIONS: Ferromax is a Food health supplement comprising of Iron, Folic Acid and Vitamin C.
Iron contributes to the normal formation of red blood cells and hemoglobin.
Folic Acid contributes to the growth of maternal tissues during pregnancy.

RECOMMENDED USAGE: After meal, dissolve the content directly in the mouth or as directed by health professional.

INSTRUCTIONS:

Dissolve the Ferromax contents directly in the mouth.
Ferromax is best taken on an empty stomach, 1 hour or 2 hour after food.
If gastric upset is experienced, it may be taken with food to minimize the upset.
However, iron should not be taken together with milk or antacids as they reduce the absorption of iron.

PACKS AVAILABLE: 15 or 30 Orosoluble Sachets in Carton