
For boosting iron absorption in the body

VITATABS®

Laktoferriini +C

Lactoferrin – vitamin C capsule



Multifunctional food supplement TO IMPROVE HEALTH

- Supports ferritin levels to improve iron absorption
- Binds iron and helps to distribute it correctly in the body
- Helps problematic skin
- Provides immune and antioxidant protection

Active ingredients in daily dosage 1 capsule:

Lactoferrin 177 mg

Vitamin C 80 mg

Free from gluten, sweeteners, and yeast. Not suitable for people having milk allergy.

Vitatabs® Lactoferrin + C dietary supplement can be used with other iron supplements.

Made in Finland.



BOOST YOUR IMMUNE SYSTEM

Lactoferrin is a natural ingredient in milk that is isolated from milk using a special separation technology. It is a glycoprotein that binds free iron to itself already in the gut. Lactoferrin is not sensitive to digestive enzymes or acidity, and it tolerates stomach acids well.

Lactoferrin is absorbed through its own receptor in the gut. When being absorbed, it takes iron with it. Lactoferrin regulates intracellular iron balance by preventing the accumulation of excess iron in cells. It binds free iron from the bloodstream, which is desirable as free iron acts as a harmful oxygen radical in the body. Lactoferrin thus acts as an antioxidant and helps iron to be properly distributed in the body.

Lactoferrin strengthens body's innate immune system. Lactoferrin nourishes the skin from the inside out and is therefore very well suited for problematic skin to promote skin well-being. Lactoferrin is a nutritional support for both adolescent and adult pimples and other skin impurities, redness and oiliness of the skin.

VITAMIN C ENHANCES THE ABSORPTION OF IRON

Vitamin C, or ascorbic acid, is an essential water-soluble vitamin that cannot be stored in the body. Therefore, it needs to be obtained from a diet rich in vitamin C. Vitamin C acts as a key antioxidant in the body, supporting the body health in many different ways. Low intake of vitamin C causes fatigue and susceptibility to infection. Vitamin C increases the absorption of iron and promotes the normal functioning of the immune system and nervous system, as well as normal psychological functions and energy metabolism.