

# Ferifam™

Oral Liquid

# فیری فام

اورل لیکوڈ

Iron containing supplements  
reduces tiredness & fatigue

✓ IRON ✓ GINSENG  
✓ FOLIC ACID ✓ VITAMIN D3  
✓ COENZYME Q10

## SUPPLEMENT FACTS: Each 10mL contains:

Ingredients	Strength	Benefits
Siberian ginseng extract	40mg	Increase energy, longevity, and vitality.
Flaxseed oil	80mg	Improves heart health, digestion and skin health.
Camellia Sinensis extract	20mg	Boost immune system, reduce stress and anxiety, and promote weight loss.
Beta vulgaris extract	35mg	Lowered total cholesterol and triglycerides and increased HDL, or "good," cholesterol.
Calcium glycerophosphate	20mg	Improves bone mineral density.
L-Carnitine tartrate	20mg	Prevent exercise fatigue, muscle weakness, chemotherapy-induced peripheral neuropathy, and hyperlipoproteinemia.
Coenzyme Q10	4mg	Linked to improved aging, exercise performance, heart health, diabetes, fertility and migraines.
L-Lysine (as HCl)	80mg	Important for proper growth, and it plays an essential role in the production of carnitine, a nutrient responsible for converting fatty acids into energy and helping lower cholesterol.
Malt extract	2000mg	Helps improve digestion by optimizing good bacteria and minimizing bad bacteria.
Vitamin D (as D3)	15mcg	Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Helps form teeth and bones, can reduce the number of non-spinal fractures.
Vitamin C	20mg	Involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.
Vitamin B1	8mg	Helps convert food into energy. Needed for healthy skin, hair, muscles, and brain and is critical for nerve function.
Vitamin B2	2mg	Helps break down proteins, fats, and carbohydrates. It plays a vital role in maintaining the body's energy supply.
Vitamin B3	16mg	Helps convert food into energy. Essential for healthy skin, blood cells, brain, and nervous system.
Vitamin B6	4mg	Reduce the risk of heart disease, plays key roles in sleep, appetite, and moods. Helps make red blood cells Influences cognitive abilities and immune function.

Vitamin B9	300mcg	Vital for new cell creation Helps prevent brain and spine birth defects when taken early in pregnancy; should be taken regularly by all women of child-bearing age, may reduce heart disease risk.
Vitamin B12	10mcg	Protects nerve cells and encourages their normal growth Helps make red blood cells and DNA.
Vitamin B5	4mg	Helps make lipids (fats), neurotransmitters, steroid hormones, and haemoglobin.
Iron as Ferric Ammonium Citrate	14mg	Helps haemoglobin in red blood cells and myoglobin in muscle cells carry oxygen throughout the body. Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones.
Zinc as Sulphate Monohydrate	10mg	Helps form many enzymes and proteins and create new cells. Needed for immune system, taste, smell, and wound healing. zinc may delay the progression of age-related macular degeneration.
Copper as Copper Sulphate	500mcg	Plays an important role in iron metabolism and immune system. Helps make red blood cells.
Manganese as Sulphate Monohydrate	0.5mg	Helps form bones. Helps metabolize amino acids, cholesterol, and carbohydrates.
Selenium as Sodium Selenite	40mcg	Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Helps regulate thyroid hormone activity.
Iodine as Potassium Iodide	80mcg	Part of thyroid hormone, which helps set body temperature and influences nerve and muscle function, reproduction, and growth. Prevents goitre and a congenital thyroid disorder.

**Description:** Ferifam oral liquid is designed for combating iron deficiency and with added vitamins and minerals to cope up fatigue and tiredness and begin a healthy and active lifestyle.

**Usage:**

- Supports red blood cell production
- For iron deficiency
- Formulation to promote iron absorption
- Relieves fatigue and tiredness

**How to take Ferifam Oral liquid:**

- 1 teaspoonful 2 times daily or as advised by your doctor.
- For women during menstruation, one teaspoonful three times daily is recommended.

**Do not take Ferifam Oral liquids:**

If you are allergic (hypersensitive) to any of the ingredients of Ferifam oral liquid. If any existing hypervitaminosis.

**Precautions:** Do not exceed the recommended intake. Do not take Ferifam oral liquid on empty stomach.

**Taking with other medicines:** Tell your doctor if you are taking or have recently taken/used any other medicines as they may interfere with Ferifam oral liquids.

**Overdose:** If you (or someone else) accidentally take too many oral liquids, you should tell your doctor at once or contact the nearest accident and emergency department. Show any leftover medicines or the empty packet to the doctor.

**Side effects:** No side effect reported.

**Shelf Life:** 18 months.

**Special precautions for storage:** Store at room temperature. Protect from heat &

light. Keep out of the reach of children. Do not take after the expiry date.

**Presentation:** Ferifam is available in 120mL glass bottle.

**Disclaimer:** This product is a nutritional supplement and not intended for treatment of any disease.

ہدایات: کمرے کے درجہ حرارت پر رکھیں، روشنی اور گرمی سے محفوظ رکھیں۔ بچوں کی پہنچ سے دور رکھیں۔  
میعاد ختم ہونے کی تاریخ کے بعد استعمال نہ کریں۔

Nutraceutical - Not for treatment of any disease

نیوٹراسیوٹیکل: یہ پراڈکٹ کسی بیماری کے علاج کے لئے نہیں ہے۔

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