

Live life HAPPi

WOMEN WITH PERIODS



PHYSICALLY ACTIVE



VEGETARIANS



Promotes iron levels in the body, supports
energy production and immune system health

Women's Daily Iron+ Lactoferrin

FOOD SOURCES PLENTIFUL IN IRON



Beef or Lamb



Salmon or
Cooked Tuna



Leafy Green
Vegetables



Almonds
or Cashews



Green Lentils
or Chickpeas

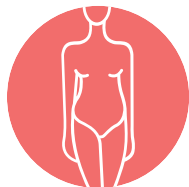


Kidney
Beans

38%

OF AUSTRALIAN WOMEN HAVE LOW DIETARY IRON INTAKES

19-54 years of age



Females 19-50
18mg per day



Females 50+
8mg per day

How much iron
does your body
need?

Who is at most risk?

Adolescent girls and women with periods

Pre-menopausal women

Vegetarians (especially vegans)

Athletes, especially those at elite level

Elderly people

Special populations including
Indigenous and refugee populations

Common symptoms of iron deficiency

Fatigue, feeling tired, weakness

Decreased work or school performance

Decreased libido

Decreased immune function

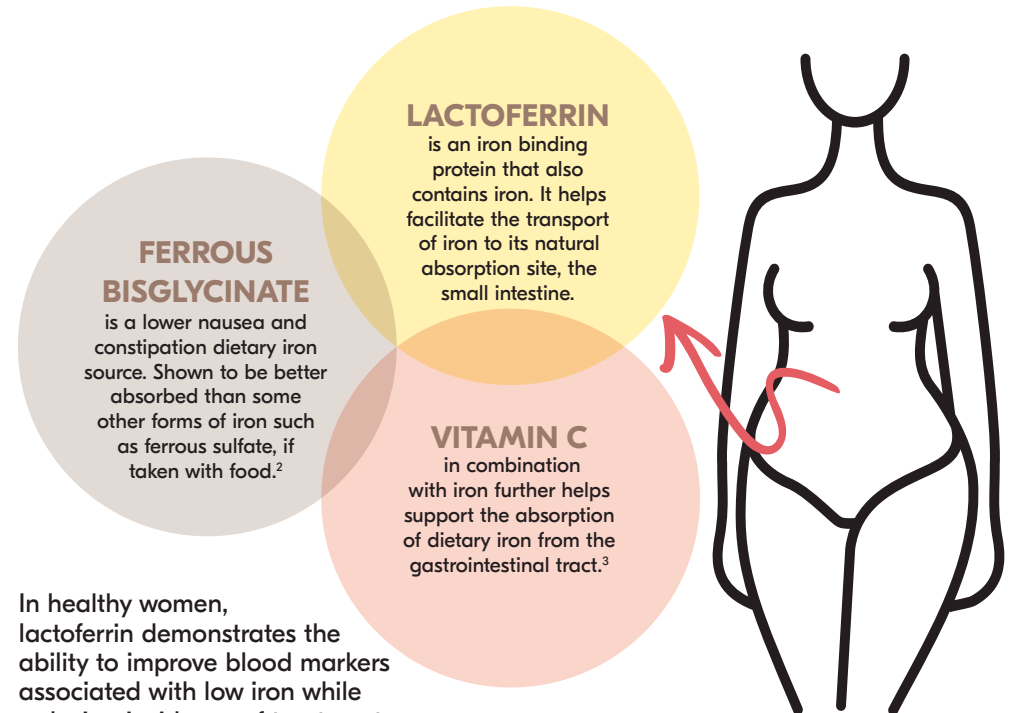
Difficulty maintaining body temperature

Decreased concentration capacity

Decreased exercise capacity

What makes HAPPi Women's Daily Iron+ Lactoferrin unique compared to other oral iron supplements?

The key ingredients – lactoferrin, iron bisglycinate and Vitamin C – collectively help facilitate iron transport, increasing the amount of iron absorbed with less risk of gut irritation.



In healthy women, lactoferrin demonstrates the ability to improve blood markers associated with low iron while reducing incidence of treatment withdrawal due to side effects.¹



Depletion of iron stores and iron deficiency can occur at all life stages. Women are advised to have their iron levels regularly checked.

If you struggle to achieve your dietary iron intake through eating a balanced healthy diet, supplementing your diet with a product such as HAPPi Women's Daily Iron+ Lactoferrin may help you meet your needs.

Increase
dietary iron
intake

Increase
serum ferritin
levels

Reduce risk
of side
effects

¹ Paesano, R et al. Lactoferrin efficacy versus Ferrous Sulfate in curing iron disorders in pregnant and non-pregnant women. *International Journal of Immunopathology and Pharmacology*. Vol. 23, no. 2, 577-587 (2010). Paul Sharp, Surjit Kaila Srai. *World J Gastroenterol*. 2007 Sep 21; 13(35): 4716-4724. Published online 2007 Sep 21. doi: 10.3748/wjg.v13.i35.4716 ² Lyrisse, M 2000. Iron bioavailability in humans from breakfasts enriched with iron bisglycine chelate, phytates and polyphenols. *J. Nutr.* 2000;130(9):2195-60 ³ Olivares M, et al. Milk Inhibits and Ascorbic Acid Favors Ferrous Bis-Glycine Chelate Bioavailability in Humans. *The Journal of Nutrition*, Volume 127, Issue 7, July 1997, 1407-1411.

HAPPI Women's Daily Iron+ Lactoferrin

supports a woman's energy needs

and helps prevent dietary iron deficiency with less risk of gut irritation.

Active Ingredients	Each capsule contains Bovine Lactoferrin 100mg, Zinc Amino Acid Chelate (Zinc 5mg) 25mg, Iron III Glycinate (Iron 3.5mg) 12.95mg, Ascorbic Acid 250mg.
Suitable for	Suitable for women at all life stages including vegetarians, women with periods and those who are physically active.
Usage	Take one capsule twice daily with food or as professionally prescribed.
Use during pregnancy or breastfeeding	Please consult your medical practitioner.
Benefits	<p>Helps to:</p> <ul style="list-style-type: none"> Prevent dietary iron deficiency and relieve fatigue Promotes iron levels in the body Assist red blood cell formation Supports energy production and vitality Maintain immune system health Reduced risk of gastro-intestinal irritation, nausea and constipation.
Features	<p>No added gluten, yeast, nuts or egg.</p> <p>No artificial colours or flavours.</p>
Pack size	60 Capsules
Company	<p>Tatura Milk Industries Pty Ltd — A Bega Cheese Company</p> <p>Website: www.happihealth.com.au</p> <p>Email: consumer@bega.com.au</p> <p>Consumer phone: 1800 571 833</p>
Warning	<p>Too much iron can also be harmful. Iron deficiency should be properly diagnosed, and the underlying cause should be identified. Make sure you get the advice of a doctor.</p> <p>This medicine may not be right for you. Read the warnings before purchase. Always read the label. Derived from cows' milk. Contains phenylalanine and sulphites. Not for the treatment of iron deficiency conditions. Vitamin and/or mineral supplements should not replace a balanced diet.</p>

Live life HAPPI with our Lactoferrin range



Made in Australia

Tatura Milk Industries Limited,
236 Hogan Street, Tatura,
Victoria 3616, Australia

Share your experience

Consumer Advisory Service AU: 1800 571 833

happihealth.com.au

HAPPI is a trade mark of Bega Cheese Limited.