

Iron 25 mg

With B12 and Folate



Recommended by
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DESCRIPTION

Studies show that iron deficiency continues to be one of the most common nutrient deficiencies worldwide.¹ Iron-deficiency anemia affects 4-5 million Americans annually.² Some symptoms of iron deficiency anemia include extreme fatigue, weakness, headache, dizziness cold hands and feet and brittle nails.³ Iron is essential for the synthesis of healthy red blood cells and is important for oxygen transport. It is also involved in energy production, immune function and is important for the production and function of various cells and hormones.² The problem with many iron supplements on the market is that they often cause stomach upset, constipation and sometimes nausea. Iron 25 mg with B12 and Folate contains the patented Ferrochel[®] form of iron which features iron chelated to the amino acid glycine. This form of iron was found to be gentler on the stomach and better absorbed than other forms of iron in human studies conducted by Balchem.⁵ Vitamin B-12 and folic acid are also included for additional support in building healthy red blood cells.

FUNCTIONS

Iron is an essential trace mineral that is critical for energy production as part of the mitochondrial electron transport chain; part of the cell where ATP (energy) is synthesized.^{1,2} Iron is an important component of the antioxidant enzyme catalase, which helps neutralize peroxide radicals.⁶ Iron is essential for the synthesis of hemoglobin, the oxygen-carrying component of red blood cells.^{1,2} Iron is also needed for amino acid metabolism, collagen synthesis, and carnitine synthesis.^{7,8}

INDICATIONS

Iron 25 mg with B12 and Folate may be a useful dietary supplement for individuals exhibiting symptoms of iron deficiency or needing to increase dietary intake of iron, B12 and folate.

FORMULA (WW #10427)

1 Vegetarian Capsule Contains:

Folic acid.....680 mcg DFE (400 mcg folic acid)
Vitamin B12 (as cyanocobalamin).....25 mcg
Iron (as ferrous bisglycinate)** 25 mg
Other Ingredients: Vegetarian capsule (cellulose, water),

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cellulose, magnesium stearate and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, corn, preservatives, artificial colors or flavors.

**From Ferrochel[®], U.S. Patent #4,599,152.

SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily with food, or as directed by a healthcare professional.

CAUTIONS

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

STORAGE

Store in a cool, dry place, away from direct light and out of reach of children.

REFERENCES

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