

# Iron Chelate



## Clinical Applications

- An Essential Nutrient in Human Health\*
- Plays An Important Role In :
  - Tissue Oxygenation
  - Immune Function
  - Connective Tissue Integrity
  - Cardiovascular Health, & Cognitive Development.\*

*Iron Chelate is a potent iron supplement that is extremely well tolerated by the gastrointestinal system. Ferrochel® Ferrous Bisglycinate Chelate is a premier chelate from Albion Advanced Nutrition. It is safe for use by pregnant and lactating women, teenagers, and adults.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

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Iron Chelate

## Discussion

**Iron Chelate** provides a safe, effective and well-tolerated form of iron supplementation, designed to help support suboptimal iron levels in the body.

The mineral iron is an essential nutrient in human health. It is crucial for maintaining healthy blood and delivering oxygen to tissues throughout the body. It is essential for proper energy levels, a healthy pregnancy, connective tissue integrity, cardiovascular health, normal cognitive development, and a strong immune system. While iron can be found in fresh green leafy vegetables and beans, its bioavailability from plant sources is poor. Iron from meat is much more bioavailable and better absorbed by the body, but many people with substandard digestive health avoid meat due to poor tolerance. Thus, individuals on strict vegetarian or vegan diets may be at risk for suboptimal iron levels, as are those who may not always have optimal absorption of nutrients through their digestive system. For these as well as other metabolic reasons, the World Health Organization estimates that over one billion people have iron deficiencies worldwide. It is more common in females, particularly those with heavy menses, and is known to play a role in suboptimal energy levels.

Iron Chelate is a patented iron (in the form of iron bisglycinate), providing 27 mg of elemental iron. Unlike common forms of supplemental iron, this form of iron carries no electrical charge, which means it is easier to absorb and less likely to block the absorption of other nutrients, such as vitamin E, ascorbic acid, and calcium. Because Iron Chelate is a neutral molecule, it does not break down in stomach acid and is delivered intact to the intestine, where it is easily absorbed. Many commercial iron supplements, on the other hand, have low bioavailability and often produce unpleasant gastrointestinal side effects, such as nausea, constipation and gastric upset.

**Recommended Use:** As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Iron	27 mg	150%
(Ferrochel® Ferrous Bisglycinate Chelate)		

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), vegetable stearate.

#### Suggested use:

As a dietary supplement, take one capsule per day, with a meal, or as directed by your health care practitioner.

#### Caution:

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.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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