

Bio·Ferra

Liquid iron that is highly bioavailable, non-constipating and extremely safe. 20mg of elemental iron per teaspoon with a green apple flavour for increased compliance.

Each teaspoon (5ml) contains:

Iron (polysaccharide-iron complex)

20mg

300ml bottle

Vegan. GMO, gluten, soy and dairy free.



Iron continues to be the most common nutrient deficiency in the developed world, with an especially high prevalence in women and during pregnancy. In fact, 1 out of every 2 women will be iron-deficient at one point in their lives and even more suffer from symptoms associated with suboptimal iron levels. Although fatigue, weakness, hair loss and pallor are classic symptoms of iron-deficiency anemia, low iron levels affect many other body systems.

For example, iron deficiency has been found to be a common cause of restless syndrome in approximately 1 out of every 4 cases and supplemental iron can improve symptoms. This is thought to be achieved by iron's

upregulation of dopamine synthesis from tyrosine. It is also well-documented that children and adults perform poorer on mental function tests in states of iron deficiency, with areas such as attention, memory and concentration being affected.

Iron also plays a critical role in many hormonal pathways. Iron is required for thyroid conversion from thyroxine (T4) to triiodothyronine (T3) and, in cases of hypothyroidism with concomitant iron deficiency, combination treatment with iron and levothyroxine has been shown to be superior over each therapy alone. In women with heavy menstrual bleeding, iron deficiency can cause a recurring state of heavy menstrual

Key points

- A liquid iron delivered in a polysaccharide-iron complex (PIC), a form that is extremely well-tolerated, safe and highly bioavailable
- Indicated for those with iron-deficient anemia, low ferritin and associated symptoms of fatigue, hair loss, poor cognition, low mood, weakened immunity and hormonal imbalances
- 20mg of elemental iron per teaspoon, allowing for gradual and targeted dosing
- Natural green apple flavoured

bleeding through weakened uterine muscles, thereby exacerbating the condition. Evidence also shows that woman with unexplained infertility and suboptimal iron status may benefit from iron restoration therapy.

Finally, iron is needed for proper immune function through cytokine production in macrophages and an iron-deficient state may lead to an insufficient immune response. For example, research in individuals with oral candidiasis has shown that iron restoration can lower salivary candida counts and reduce oral lesions.

Despite all of the health benefits that come with targeted supplemental iron, many women and iron-deficient individuals are hesitant to supplement

with iron or they become non-compliant due to digestive side effects such as constipation, nausea and stomach upset.

Cyto-Matrix's **Bio-Ferra** is a highly bioavailable liquid iron supplement containing a polysaccharide iron complex (PIC). PIC is unique in that it is non-ionic, it does not require vitamin C for absorption and it is extremely safe with a LD50 (Lethal Dose 50) of 5,000mg/kg, compared to the toxicity potential of iron salts with a LD50 of only 230mg/kg. Each teaspoon of **Bio-Ferra** provides 20mg of elemental iron that is flavoured with natural green apple and is suitable for vegans and vegetarians.

Related products

Bio-B6
Cyto-C
Cyto B-Complex
Iron Matrix
Prenatal Formula
Women's Multi
Thyroid-Matrix

Indications: A factor in the maintenance of good health. Helps in the formation and proper function of red blood cells.

Directions: Adults - Take 1-2 teaspoons per day with food or as directed by a healthcare professional. Take a few hours before or after taking other medications. Shake before use. Refrigerate after opening.

Non-Medicinal Ingredients: Purified water, xylitol, natural green apple flavour, xanthan gum, potassium sorbate, citric acid, ascorbic acid, stevia.

Warnings: Do not use if safety seal is broken.

 Keep out of reach of children. There is enough iron in this package to seriously harm a child.

Known Adverse Reactions: Some people may experience constipation, diarrhea and/or vomiting.



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