

Iron Bis-Glycinate

25mg of elemental iron in a fully chelated bis-glycinate form for optimal bioavailability and digestive tolerability.

Each capsule contains:

Iron (Ferrochel® ferrous bis-glycinate chelate)*

25mg

60 Vegetable capsules



*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS®, Ferrochel® and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 7,838,042.



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 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 when 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 iron supplementation may improve the outcomes of levothyroxine therapy in affected patients. In women with heavy menstrual bleeding, iron deficiency can cause a recurring state of heavy menstrual bleeding through weakened uterine muscles, thereby exacerbating the condition. Evidence also shows that women with unexplained infertility and suboptimal iron status may benefit from iron restoration therapy.

Key points

- Each vegetable capsule provides 25mg of elemental iron in a bisglycinate chelate for optimal absorption and digestive tolerability
- Indicated for those with iron-deficient anemia and associated symptoms of fatigue, hair loss, poor cognition, low mood, weakened immunity and hormonal imbalances

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 Iron-Bisglycinate contains iron in the chelated form of iron bis-glycinate for optimal absorption and gentle action on the digestive tract, greatly reducing the likelihood of these unwanted complications of iron supplementation.

Related products

Bio-Ferra

Cyto-C

Iron Matrix

Prenatal Formula

Women's Multi

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

Indications: Helps to form red blood cells and helps in their proper function. Helps to prevent iron deficiency anaemia.

Directions: Adults - Take 1 capsule per day with food, or as directed by a healthcare professional. Take a few hours before or after taking other medications.

Warnings: Do not use if safety seal is broken. Keep out of reach of children. There is enough drug in this package to seriously harm a child.