

## High Absorption Iron Bisglycinate with Vitamin C – a nutritionist's guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

### **Dosing guidelines**

This supplement is recommended for adults. A serving of *High Absorption Iron Bisglycinate with Vitamin C* consists of 1 tablet, providing you with the full serving amount as indicated on the nutritional panel.

### **How to maximise absorption**

For optimal absorption, we recommend taking the tablet on an empty stomach - ideally in the morning, an hour before food.



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Nutritionist*

### **Going above and beyond the NRV**

We often get asked why we use higher doses in *High Absorption Iron Bisglycinate with Vitamin C*. Firstly, the nutrient reference value (NRV) is the minimum amount needed to meet our requirements, but is the minimum enough? Excess iron can be harmful to health, with gastrointestinal upset more likely to occur when supplementing high dose iron. Our *High Absorption Iron Bisglycinate* delivers a meaningful 20mg dose, well below the safe upper limit, to support iron status without upsetting homeostasis. Additionally, absorption of iron in the bisglycinate form is regulated by haemoglobin and ferritin levels in the blood and is less likely to cause iron overload.

### **Is this supplement safe for men?**

Evidence from the latest National Diet and Nutrition Survey indicates that males are more likely to achieve, or slightly exceed, the current nutrient reference value (NRV) for iron. However, some men have low levels due to low dietary intake, in which case iron supplementation may be necessary along with close supervision from a healthcare practitioner.

**Feeling the benefits**

Those most deficient in iron are most likely to feel the benefits of *High Absorption Iron Bisglycinate with Vitamin C* quicker with increased energy. For others, the effects may be less obvious. Perhaps try recording your reasons for taking *High Absorption Iron Bisglycinate with Vitamin C* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

**Taking other supplements alongside *High Absorption Iron Bisglycinate with Vitamin C***

Many people take other supplements alongside *High Absorption Iron Bisglycinate with Vitamin C*, a multivitamin with iron for example. Ensure you do not exceed the safe upper limit of 45mg iron daily and consult your GP who can closely monitor your blood levels. If you're still unsure, feel free to contact us.

**The safety of *High Absorption Iron Bisglycinate with Vitamin C***

Those with low iron status are most likely to benefit from *High Absorption Iron Bisglycinate with Vitamin C*, including menstruating women, those with low dietary intake of iron and those with absorption problems. As excess iron levels can be harmful, we recommend that males, postmenopausal, pregnant or breastfeeding women, those with a medical condition or taking medication seek professional medical advice before taking *High Absorption Iron Bisglycinate with Vitamin C* just to be on the safe side. Keep out of sight and reach of children.

**Ask a nutritionist**

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email [askourexperts@igennus.com](mailto:askourexperts@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team