

Iron Chelate



Clinical Applications

- Well Tolerated and Bioavailable Form*
- Supports Immune Function*
- Supplements Inadequate Dietary Intake of Iron*
- Supports Healthy Ferritin and Hemoglobin Levels*

Iron Chelate is better absorbed and tolerated than other iron preparations. Ferrochel® chelated iron is formulated for enhanced absorption of this essential mineral. Unlike many iron preparations, Iron Chelate is also well tolerated, gentle on the stomach, and non-constipating. Safe for use in adults, teenagers, and pregnant and lactating women when there is a demonstrated requirement for iron supplementation. Iron Chelate supplies 30 mg of elemental iron per capsule. Made with non-GMO and Kosher ingredients.

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Iron is an essential mineral required for oxygen transport, immune system function, energy production, and neurologic development. When linked to the amino acid glycine, the resulting compounds, ferrous bisglycinate and ferric trisglycinate, provide well-tolerated sources of iron that are more bioavailable than other common forms of supplemental iron such as ferrous sulfate and ferrous gluconate.

In recent years, clinical research on iron bioavailability and tolerance has focused on segments of the population with increased iron requirements: premenopausal women, pregnant women, and people with disrupted digestive function and absorption.

Mechanisms of Action These capsules withstand breakdown by gastric acid and promote the rapid absorption of iron in the small intestine. This supports gastrointestinal comfort by minimizing the release of free ionic iron in the stomach.

Research A recent clinical trial illustrates the superior bioavailability and tolerance of iron bisglycinate as compared to ferrous sulfate. In a trial involving 124 premenopausal females with decreased iron status, just 21 mg/day of ferrous bisglycinate liquid over 12 weeks was shown to be as effective as higher amounts of ferrous sulfate (324 mg/day, providing 65 mg/day of elemental iron) at promoting healthy iron levels.¹ In addition, participants receiving ferrous bisglycinate reported improved tolerance, with significantly fewer episodes of gastrointestinal upset.

Similarly, in a trial of 80 healthy pregnant women, those receiving just 25 mg/day of oral ferrous bisglycinate had statistically equivalent iron levels at the conclusion of the trial compared with participants receiving 50 mg/day of ferrous sulfate.² Once again, participants receiving ferrous bisglycinate reported fewer gastrointestinal complaints.

In addition to superior bioavailability and tolerance, iron chelate is rapidly absorbed. In a 2016 clinical trial, children with disrupted digestive function and depleted serum iron doubled their baseline iron levels within three hours after ingesting oral ferrous bisglycinate chelate, in all but one participant.³

Conclusion Iron bisglycinate and ferric trisglycinate are safe and effective supplements to promote healthy iron status. When compared to other common forms of supplemental iron, iron chelate demonstrates superior bioavailability and tolerability.

Absolute Health
7350 SW 60th Ave., Suite 2
Ocala, FL 34476
www.AbsoluteHealthOcala.com

Iron Chelate

*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.



Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule		% Daily Value
Iron (as Ferrochel® ferrous bisglycinate chelate ¹)	30 mg	167%

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), magnesium stearate, and silicon dioxide.

¹Albion® Laboratories.

Directions

Take 1 capsule daily with food or as recommended by your health care professional.

Does Not Contain

Wheat, gluten, soy, corn, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.



References

1. Lee CT, Jeng CJ, Yeh LS, et al. A double-blind, randomized, and active-controlled phase III study of Herbiron drink in the treatment of iron-deficiency anemia in premenopausal females in Taiwan. *Food Nutr Res.* 2016 Jun;60:31047.
2. Milman N, Jonsson L, Dyre P, Pedersen PL, Larsen LG. Ferrous bisglycinate 25 mg iron is as effective as ferrous sulfate 50 mg iron in the prophylaxis of iron deficiency and anemia during pregnancy in a randomized trial. *J Perinat Med.* 2014 Mar;42(2):197-206.
3. Mazza GA, Pedrelli L, Battaglia E, Giacotti L, Miniero R. Oral iron absorption test with ferrous bisglycinate chelate in children with celiac disease: preliminary results. *Minerva Pediatr.* 2016 Nov 10 [Epub ahead of print].

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REV. 01/13/22