

OC Integrative Medicine

Rajsree Nambudripad, MD



Iron

Chelated Ferrous Iron



Ferrochel® is an iron supplement in the form of ferrous bisglycinate chelate, a form that has enhanced absorption and bioavailability. It has a demonstrated reduced risk of constipation or gastric upset compared with other forms of iron supplementation.*

Iron is essential for many body processes, including oxygen transport, cellular energy metabolism, DNA synthesis, immune function, thyroid function, and enzymatic reactions. Maintaining adequate iron levels supports overall health, and both high levels and low levels may be potentially detrimental. Iron deficiency is the most common micronutrient deficiency globally. Factors that may be associated with iron deficiency or that may increase its risk include vegetarian and vegan diets, eating disorders, malnutrition, chronic inflammation, malabsorption, liver disease, gastrointestinal bleeding,

inflammatory bowel disease, pregnancy, and heavy menstrual bleeding.

Benefits*

- Supports iron status
- Safe, effective, and well-tolerated form of iron

Recommended Use

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

Highlights

- 27 mg of iron as Ferrochel® ferrous bisglycinate chelate for superior absorption and bioavailability*
- Albion® minerals chelated iron to reduce the chance of gastrointestinal side effects*
- Safe for use by pregnant and lactating women, teenagers, and adults

Warning

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6 years of age. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

To contact OC Integrative Medicine, Please visit us on the web at www.oc-integrative-medicine.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

*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.