

Blood Vitality FAQs

General product q's

Question

Is Blood Vitality, heme or non-heme iron?

Answer

Blood Vitality is non-heme iron

Question

Is Blood Vitality Gluten Free?

Answer

Blood Vitality is gluten free.

No ingredients with wheat or wheat byproducts are used in its creation. We use a nonGMO rice protein.

Question

Bisglycinate is a form of iron found in most other traditional iron supplements. Is there Bisglycinate in Blood Vitality?

Answer

Bisglycinate is NOT in Blood Vitality.

When to supplement

Question

I have "normal" but low levels of ferritin, should I start supplementing with iron?

Answer

A ferritin of 21 is considered "normal" but it is not optimal ferritin by any means. A ferritin of 50-70 for most is good but some people (esp. runner and athletes) find ferritin around 100 to give them the best performance outcomes.

Question

Should I have my ferritin levels tested before I begin taking Blood Vitality?

Answer

It is nice to have your ferritin levels tested just before starting Blood Vitality so you have a baseline marker of where your iron levels were at so you can see how Blood Vitality helps to increase ferritin levels.

Question

Is there a place I can order labs myself?

Answer

You can use <https://www.directlabs.com/> for ferritin testing. If you decide to get blood testing done, I suggest testing Ferritin and Iron and TIBC.

How is BV different than other forms of iron

Question

Due to my experience with Iron Glycinate, do you think I would do well with Blood Vitality?

Answer

I used to use iron glycinate with patients for years but the side effects and the time it took to raise iron levels or in my wife's case, it caused a decrease in ferritin levels. That's why I now use Blood Vitality solely. I have yet to have a patient (1000s of doses) with stomach pains from Blood Vitality. My wife's levels immediately increased over 31 days from 9 to 23 while pregnant, taking 2 caps of Blood Vitality daily.

Question

I am under the impression that Heme taken as Heme iron polypeptide is highly absorbable and does not create the inflammatory hepcidin response like regular iron. How does this compare/differ from Blood Vitality?

Answer

Great question. There are no head-to-head studies pitting heme iron polypeptide and hydrolyzed rice protein iron, so we can't say for certain there is an absorption advantage. But my experience with 100s (maybe 1000s) of iron deficient patients suggests there is a difference.

Hepcidin is going to rise no matter what iron you supplement with. However, most studies are showing the greatest rise in hepcidin when you supplement in excess of 60mg of elemental iron in a day. It doesn't matter if it is the heme or non-heme form. Inflammation can increase hepcidin but that inflammation could be from anything, not necessarily iron except in the case of mega dosing of iron.

One of the great advantages of the hydrolyzed rice protein iron matrix (Blood Vitality) is that the intestines receive the iron like a whole food rather than a stand alone iron. The iron is actually hidden within the rice protein. This has allowed us to use considerably lower doses while getting drastic improvements in iron deficiency symptoms and blood iron/ferritin levels.

In 13 years of practice using every iron under the sun with my patients, I have not seen an iron consistently raise iron levels in my patients without side effects as does Blood Vitality.

How to take BV

Question

Can or should I take the iron capsules with food? Also do you recommend taking both capsules at the same time or spreading the dosage out?

Answer

You can take them with food. It's optimal if you can take one in the morning and one in the afternoon or evening, but if it's easier for you to remember to take both at the same time then that is fine too.

Question

Knowing that I shouldn't take iron supplements with food, calcium, or caffeine, I am taking Blood Vitality 2 hours after breakfast and 2 hours after dinner with a few orange slices for additional Vitamin C ... is that far enough removed for chance at better absorption?

Answer

Yes, two hours is plenty of time

Question

I've heard iron is better to take without food; is this correct and does that apply to Blood Vitality?

Answer

Yes, it is optimal to take Blood Vitality without food.

Question

Do I need to be careful to take the pills away from mealtimes? (I've read that for some supplements, you are not supposed to eat along with meals). And if so, how long after a meal/how long before a meal do I need to wait?

Answer

I would open up the capsule and take it with food. Berries, apples, banana, rice, nuts/seeds (roasted), meat are all good options that will still allow for great absorption of the Blood Vitality. Opening up the capsule helps disperse the minerals so they are not all showing up at the exact same spot at the exact same time. Take one capsule at a time and give yourself a one day break every 3 days.

Question

Can I take Magnesium Complete with Blood Vitality before bed?

Answer

Yes, you can take Blood Vitality and Mag Complete in the evening together.

Question

I just watched your “More isn’t always better” video and now I’m curious if I should avoid taking natural forms of iron? I’ve been taking blackstrap molasses (1-2 tbs daily) along with Spirulina powder (with smoothie) wondering if this may be too much, too fast on the iron?

Answer

The molasses and Spirulina are extremely minor in elemental iron content so they will not be an issue related to upregulating hepcidin and slowing iron absorption.

Optimal iron levels

Question

What is an optimal ferritin lab result range for a female vs male?

Answer

Ferritin of 70-120 I consider ideal for males and females. Though I have had some male athletes and female runners who feel their performance is best when they run 120-150. There are of course outliers who feel great at 50 or 150. In 20K plus blood draws with patients, I have not seen anyone who noticed greater benefit with a ferritin over 150.

Question

What should athletes take?

Answer

For the female athletes: every single one of them should get their ferritin levels checked. If under 40 then, taking Blood Vitality Iron Supplement could completely change their performance and life.

Other supportive supplements include:

Clean Grassfed Goat Protein is great for supporting muscles, recovery, immunity.

A solid multivitamin such as Multivitamin Complete Chewable or Stay Well Multi capsules with all the active forms of vitamins and easily absorbable minerals.

Vitamin D3+K2 Liquid from Dr. Wholeness to help with bone growth strength and immunity.

Question

What are optimal iron levels for girls between 5-10 yrs?

Answer

The optimal ferritin blood levels for children are on the same spectrum as adults, though children need about 1/2 the amount of iron daily as adults. So a 5-10 year old would need 8-10mg of iron per day. Multivitamin Complete for kids (I give my girls 3 per day) which has iron in it.

BV interactions

Question

Will Blood Vitality interact with Bi-polar meds?

Answer

There's no known interactions between bipolar meds and Blood Vitality.

Question

Is Blood Vitality safe to take as a Type 2 Diabetic?

Answer

Yes, Blood Vitality is safe to take as a Type 2 Diabetic.

Question

This is my second day of taking Blood Vitality. Yesterday, I started with two pills. Last night I had some bad gas! Is that common?

Answer

We don't normally see GI effects from Blood Vitality. But if that is the only new thing you have started it is of course feasible. You may want to go with 1 capsule to start with and then increase back to 2 capsules after 5-7 days. You could also try opening up the capsule and putting it in your food.