

Should Your Supplements Include Iron?

Most adult men and post-menopausal women don't need extra iron. In fact, you could be doing harm to your heart and arteries if you fall in this group and are taking supplements with iron. On the other hand, iron deficiency is a common nutritional problem in the United States. The groups at risk for iron deficiency include infants under the age of two, young women, and pregnant women. Iron is vital because it is a component of blood and it helps transport oxygen from the lungs to body tissues. The question is should you opt for supplements with or without iron to maintain your health. Here are the points to consider:

Does Your Body Store Iron?

Without frequent blood loss, men and post-menopausal women accumulate iron stores. The body releases this extra supply into the blood, which can easily oxidize and cause free radical damage to cells, arteries, and organs. High intake of ascorbic acid, red meat, poultry, and citrus fruits increases the body's absorption of iron.

Does Your Body Call For Increased Supplies of Iron?

Increased iron requirements occur during the growth spurts of infancy, adolescence, and during pregnancy and lactation. High intake of tea, coffee, and alcohol, as well as calcium, magnesium and zinc, reduce the absorption of iron in the body. In addition, people eating low iron diets, like vegans, may require iron supplements to maintain healthy red blood cells.

For Iron-Free Supplements, consider choosing one of these products from our line:

Iron-Free Multi :

- Provides natural beta-carotene plus mixed carotenoids for additional antioxidant protection
- Includes vitamin C, bioflavonoids, and vitamin E for antioxidant protection
- Supports digestion with plant enzymes and betaine HCl
- Offered as easy-to-swallow capsules

Iron-Free Super One Daily :

- Formulated for both vegetarians and non-vegetarians
- Contains selenium, Vitamins C and E, and bioflavonoids for antioxidant support
- Convenient one tablet per day formula

Iron-Free Basic Multi® :

- Lower potency, vegetarian formula
- Basic essential vitamins and minerals formulated in a small-sized tablet for those who find large supplements difficult to swallow
- All natural ingredients and gluten free

Iron-Free Ultimate One® :

- Higher potency one-per-day multiple
- Prolonged release delivery system maximizes absorption and utilization

For additional iron, we offer:

Iron Complex :

- Offers a complete anemia-support formula with iron, B6, B12, folic acid, and Vitamin C
- Minimizes irritation by utilizing the fumarate form of iron
- Assures maximum absorption through our prolonged release beadlet system
- Releases nutrients over approximately 3-6 hours for decreased gastric irritation, optimal absorption, and reduced number of dosages needed daily

Chelated Iron :

- Contains 29 mg elemental iron in a tonic herbal base of dandelion and watercress supporting general good health
- Easier to digest, because of its enzymatically digested rice protein chelating agent and high ratio of essential amino acids
- Created as a vegetarian supplement

Stress B & C with Iron :

- Releases nutrients over approximately 3-6 hours through its state-of-the-art prolonged release beadlet system
- Supports healthy red blood cells and energy metabolism
- Minimizes gastric irritation by using the fumarate form of iron

Remember, always take any vitamin and/or mineral supplement with food to maximize absorption and reduce gastric irritation.

This information is for educational purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug

Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

REFERENCES:

Blanck HM, et al. Iron supplement use and iron status among US adults: results from the third National Health and Nutrition Examination Survey. Am J Clin Nutr. 2005 Nov;82(5):1024-31

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