



Iron Support

Support for Essential
Metabolic Functions*

Iron Support Supplementation

Iron Support promotes essential metabolic functions by helping support healthy red blood cells.* Iron is an essential mineral that supports the transmission of nerve impulses and promotes healthy oxygen levels in cells and tissues.* Iron Support is a comprehensive formula with vitamin C for proper iron absorption.*

The ingredients in Iron Support are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting essential metabolic functions.*

Clinical evidence and research cited herein show that the ingredients in Iron Support may:

- Support essential metabolic functions*
- Support healthy red blood cells*
- Support proper iron absorption*
- Support healthy immune response*

How Iron Support Works

Iron deficiency is a common concern across populations from children to the elderly with a variety of causes including inadequate dietary intake, excess turnover, and excessive blood loss.^{1,2}

The body monitors and detects changes in iron absorption and metabolism to promote healthy immune responses.*¹ Iron metabolism further supports healthy red blood cells and their function in transporting oxygen at the cellular level throughout the body.*³

Essential metabolic functions depend on the iron, vitamin B12, and folate found in Iron Support.*⁴ These nutrients contribute to forming and maintaining healthy red blood cells that promote peripheral circulation.*^{4,5} Healthy red blood cells transport oxygen and support healthy immune responses in the body.*⁵

Maintaining healthy levels of iron promotes overall well-being and health.*^{6,7} Clinical evidence further suggests that nutritional supplementation is the preferred response to maintaining healthy iron levels.*⁸



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Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 180

Ingredients	Amount Per Serving	%DV*
Vitamin C (as ascorbic acid)	80 mg	89%
Thiamin (as thiamin mononitrate)	5 mg	417%
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg	294%
Folate (as calcium L-5-methyl- tetrahydrofolate) (BioFolate®)	1,020 mcg DFE	255%
Vitamin B12 (as methylcobalamin)	350 mcg	14,583%
Iron (as ferrous bisglycinate chelate) (Ferrochel®)	29 mg	161%
Copper (as copper lysinate)	1 mg	111%
L-Glycine	100 mg	**
Succinic Acid	100 mg	**

Other Ingredients: Microcrystalline cellulose, hypromellose, vegetable magnesium stearate, silica.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Ferrochel® is a registered trademark of Balchem Corporation or its subsidiaries.

Directions: Take one capsule daily or as directed by your healthcare practitioner.

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

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

1. Zimmermann, M. B., & Hurrell, R. F. (2007). Nutritional iron deficiency. *The Lancet*, 370(9586), 511-520.
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3. Coffey, R., & Ganz, T. (2017). Iron homeostasis: An anthropocentric perspective. *Journal of Biological Chemistry*, 292, 12727-12734.
4. Moll, R., & Davis, B. (2017). Iron, vitamin B12 and folate. *Medicine*, 45(4), 198-203.
5. Bain, B. J. (2017). Structure and function of red and white blood cells. (2017). *Medicine*, 45(4), 187-193.
6. Nairz, M., Theurl, I., Wolf, D., & Weiss, G. (2016). Iron deficiency or anemia of inflammation? *Wiener Medizinische Wochenschrift*, 166, 411-423.
7. Von Haehling, S., Jankowska, E. A., Van Veldhuisen, D. J., Ponikowski, P., & Anker, S. D. (2015). Iron deficiency and cardiovascular disease. *Nature Reviews Cardiology*, 12, 659-669.
8. Lopez, A., Cacoub, P., Macdougall, I. C., & Peyrin-Biroulet, L. (2016). Iron deficiency anemia. *The Lancet*, 387(10021), 907-916.

• 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.

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