

# PHARMANEX® IRON



## MEET PHARMANEX IRON

Healthy blood iron levels have been linked to both vigor and cognitive function, so why let your iron levels drop? With Pharmanex Iron, you can easily supplement any iron deficiencies with a delicious meltaway tablet. Zero artificial colors, flavors, sweeteners, or animal products make this a clean, safe supplement (when used as directed) that you can use to customize your diet and give your body what it specifically needs for top performance.

## WHY YOU'LL LOVE IT

- A convenient, uniquely delicious iron support supplement.
- Comes in a meltaway tablet that is well-tolerated and more enjoyable to consume than standard iron supplements—no water needed.
- Safe for teens, men, and women, as well as women who are pregnant or lactating (when used as directed).
- Supports healthy blood iron levels.\*
- Helps maintain vigor and cognitive function.\*
- Suitable for vegetarians.
- Zero artificial colors, flavors, or sweeteners.

## WHAT POWERS IT

- Iron Bisglycinate—a nonheme, more easily absorbed form of iron for improved hemoglobin levels. Hemoglobin is a protein that carries oxygen to the body's tissues.

## HOW TO USE IT

Enjoy one to two meltaway tablets each day.

## TRY THESE WITH IT

- LifePak® Elements
- LifePak
- Estera® Products

## LEARN MORE ABOUT IT

**What groups of people are likely to need additional iron?**

Women in their childbearing years, especially those who have heavy periods or who are pregnant, are more likely to need additional iron. Additionally, people who do not get much iron through their diet (examples of iron-rich foods include meat, eggs, and leafy green vegetables) may need additional iron. Frequent blood donors may also have a higher risk of having low iron.

**What is the difference between heme and nonheme iron?**

Heme iron is iron that comes from animal sources, like meat and seafood. Nonheme iron is iron that comes from other dietary sources, like nuts, beans, vegetables, and fortified foods. Iron Bisglycinate, the form of iron found in this product, is nonheme iron.

**What is the role of vitamin C, folate, and vitamin B<sub>12</sub> in this product?**

Vitamin C helps facilitate the absorption of iron in the digestive tract. Vitamin B<sub>12</sub> and folate help support red blood cell health.

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## SCIENCE THAT PROVES IT

1. Name JJ, Vasconcelos AR, Valzachi Rocha Maluf MC. Iron Bisglycinate Chelate and Polymaltose Iron for the Treatment of Iron Deficiency Anemia: A Pilot Randomized Trial. *Curr Pediatr Rev.* 2018;14(4):261-268. doi:10.2174/1573396314666181002170040
2. Krzywański J, Mikulski T, Pokrywka A, et al. Vitamin B<sub>12</sub> Status and Optimal Range for Hemoglobin Formation in Elite Athletes. *Nutrients.* 2020;12(4):1038. Published 2020 Apr 9. doi:10.3390/nu12041038
3. Low MS, Speedy J, Styles CE, De-Regil LM, Pasricha SR. Daily iron supplementation for improving anaemia, iron status and health in menstruating women. *Cochrane Database Syst Rev.* 2016;4:CD009747. Published 2016 Apr 18. doi:10.1002/14651858.CD009747.pub2
4. Fidler MC, Davidsson L, Zeder C, Walczyk T, Marti I, Hurrell RF. Effect of ascorbic acid and particle size on iron absorption from ferric pyrophosphate in adult women. *Int J Vitam Nutr Res.* 2004;74(4):294-300. doi:10.1024/0300-9831.74.4.294
5. Szarfarc SC, de Cassana LM, Fujimori E, Guerra-Shinohara EM, de Oliveira IM. Relative effectiveness of iron bisglycinate chelate (Ferrochel) and ferrous sulfate in the control of iron deficiency in pregnant women. *Arch Latinoam Nutr.* 2001;51(1 Suppl 1):42-47.

## WHAT'S IN IT

### Supplement Facts

Serving Size: 1 tablet

Servings Per Container: 60

Amount per serving		% DV
Vitamin C (as Ascorbic Acid)	90 mg	100%
Folate (as Methyltetrahydrofolate)	333 mcg DFE	83%
Vitamin B <sub>12</sub> (as Methylcobalamin)	2.4 mcg	100%
Iron (as Ferrous Bisglycinate)	9 mg	50%

**OTHER INGREDIENTS:** Xylitol, Rice Starch, Microcrystalline Cellulose, Dicalcium Phosphate, Natural Flavors (Blackberry), Stevia Glycosides (from Stevia Rebaudiana leaf extract), Magnesium Stearate.

\*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.

