



Iron Plus

Vitamin & Mineral Supplement

A bioactive, synergistic source of iron as a fully reacted amino acid chelate glycinate, supported by vitamin C, B2 and levomefolate calcium, the biologically active form of folate.

Nutritional Therapy

Bioactive Bioavailable Quality Ingredients

Iron Plus is a carefully crafted formula containing Ferrochel® a bioactive, fully reacted chelated form of iron which is composed of two glycine molecules bound to a ferrous cation which protects iron from dietary inhibitors such as phytates and polyphenols, plus the synergistic nutrients vitamin C (Ascorbic acid) to support iron absorption, riboflavin for iron metabolism and L-5-MTHF, the primary active metabolite of folic acid to support blood health and foetal development.

What you need to know about this supplement

- Helps prevent dietary iron, folate, vitamin C & riboflavin deficiency
- Aids healthy red blood cell production and health, maintains blood health (iron, folate, riboflavin) and haemoglobin synthesis (iron) and maintains blood vessel and capillary health (vitamin C)
- Aids oxygen transport to body tissues (iron)
- Maintains energy levels (iron) and supports energy production (iron, riboflavin)
- Supports preconception and healthy pregnancy in healthy females (folate) and maintains healthy foetal development (folate)
- Supports the absorption of dietary iron (vitamin C) and assists the metabolism of iron (riboflavin)
- Antioxidant; reduces free radicals found in the body (vitamin C, riboflavin)
- Maintains collagen formation & connective tissue health (vitamin C), assists connective tissue formation (vitamin C, riboflavin) and supports healthy body tissues (riboflavin)
- Supports bone health (vitamin C)
- Maintains immune system function (iron, vitamin C, riboflavin)
- Supports nervous system function (vitamin C)
- Aids neurotransmitter synthesis (iron and vitamin C)
- Maintains healthy teeth (vitamin C)
- Supports wound healing (vitamin C)
- Assists metabolism of proteins (folate)
- Supports mucous membrane health (riboflavin)
- Supports eye, hair and nail (riboflavin) and maintains skin health (vitamin C, riboflavin)

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


For Practitioner Dispensing Only

Specifications



30 vegetarian hard capsules

5mm | 16mm


Description: Small beige capsule

Dosage Adults: Take 1 capsule per day with water, or as directed by your healthcare professional.

Vegan friendly

Blended, encapsulated and packaged in Australia



Allergen & Free From

Ingredients in this product have been formulated without gluten, wheat, yeast, soy, egg, dairy, gelatin, fish, crustaceans, peanuts, tree nuts, sesame, sugar, bee products, artificial preservatives, colours or flavours.

Each Capsule Contains:

Iron (as amino acid chelate (Ferrochel®))	20mg
Ascorbic acid (Vitamin C)	50mg
Riboflavin	2mg
Levomefolate calcium	487mcg
Equiv. Levomefolate calcium (5-MTHF)	450mcg

Warnings

Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. If symptoms persist, talk to your health professional. Not for the treatment of iron deficiency conditions. Vitamins and minerals can only be of assistance if dietary intake is inadequate.

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PEER NOTES

Iron deficiency (ID) and iron deficiency anaemia (IDA) are classified by the WHO as the most prevalent nutritional disorders in the world. (1,2) ID particularly affects premenopausal women, children, and the elderly. IDA is also a common comorbidity in conditions of chronic inflammation and blood loss. (2,3)

Inadequate iron intake and impaired absorption are the main causes of ID. Decreased iron intake in vegan and vegetarian diets, decreased absorption due to dietary phytates, and other iron absorption inhibitors are important contributors. (1,2,3) These include infection with *H. pylori*, use of proton pump inhibitors, coeliac disease, atrophic gastritis, and inflammatory bowel disease. (2,3)

Nearly a third of women of reproductive age experience heavy menstrual bleeding leading to ID and, in severe cases, to IDA. (4) This means that many women enter pregnancy with IDA. (3,5) IDA is associated with an increased risk of preterm labour, low birth weight, and perinatal complications. (1,3,5,6)

SUPPLEMENTAL IRON

Ferrochel is a fully reacted ferrous bisglycinate chelate that delivers iron gently and safely to target tissues. (7) Its chemical structure means that the iron is shielded by the amino acid ligands of the chelate. (1,7) As a result, it remains soluble in the stomach, is not affected by hydrochloric acid, and is protected against dietary iron absorption inhibitors such as phytic acid and polyphenols. (1,7,8,9) It is not hydrolysed in the intestine but absorbed intact, increasing its bioavailability. (7)

Remaining soluble during digestion lowers the potential for supplemental iron to cause reactivity and gastric irritability. (7) Clinical evidence has found fewer side effects such as nausea, constipation, or diarrhoea were experienced by pregnant women when using Ferrochel compared with ferrous sulphate or ferrous fumarate. (8,10)

VITAMIN SUPPORT

Ascorbic acid significantly supports iron absorption. It can overcome the effects of dietary inhibitors by maintaining iron in its soluble ferrous form in the alkaline duodenal environment. (6,11)

Riboflavin also improves iron absorption, plays a role in erythropoiesis, and assists in the mobilisation of ferritin from tissues. (12) A deficiency of riboflavin will limit iron absorption and utilisation. (13) A positive relationship has been observed between riboflavin intake and ID in women < 50 years. (12).

Folate is essential for DNA synthesis, cell growth and differentiation, and the formation and maturation of erythrocytes. (14) Low folate status may be caused by insufficient dietary intake, poor absorption of ingested folate, and alteration of folate metabolism due to genetic defects or drug interactions. (15) Adequate folate is particularly critical during foetal development, and a deficiency has been associated with adverse outcomes including neural tube defects. (14) 5-methyl-tetrahydrofolate (5-MTHF) is the metabolically active form of folic acid and has immediate bioavailability as it does not require activation. (16) 5-MTHF is well absorbed even when gastrointestinal pH is altered and its bioavailability is not affected by metabolic defects. (15)

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