



EASY IRON

Iron is an essential mineral and an important component of proteins involved in oxygen transport and metabolism. Iron is also an essential co-factor in synthesis of neurotransmitters such as dopamine, norepinephrine and serotonin. The World Health Organization considers iron deficiency to be the largest international nutritional disorder. Approximately 50% of anemia worldwide is attributable to iron deficiency.¹ A vegan diet in particular leads to a strongly increased risk of deficiency of vitamin B₁₂ and minerals such as iron. According to experts, even a lacto-vegetarian diet increases the risk of deficiency of vitamin B₁₂ and certain minerals, such as iron.²

Easy iron contains Albion's Ferrochel® as active ingredient, its effectiveness includes:^{3,4,5}

- **Small, stable molecule with no ionic charge:**

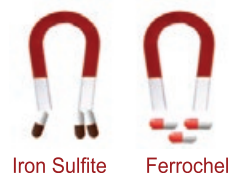
Albion's Ferrochel does the stomach's work in advance by binding minerals to amino acids resulting in small organic chelated iron molecules that can pass easily through the intestinal wall.

- **Does not react with other nutrients and is bioavailable (easily absorbed):**

The Ferrochel molecule is ionically neutral and carries no electrical charge. This neutrality ensures that the mineral does not react with other nutrients and is delivered to the intestine for absorption.

- **Less gastric upset:**

In clinical research comparing inorganic iron to Ferrochel® significant number of study participants reported fewer instances of gastrointestinal (GI) upset than with ferrous sulfate, which is typically associated with gastric side effects such as constipation and nausea.



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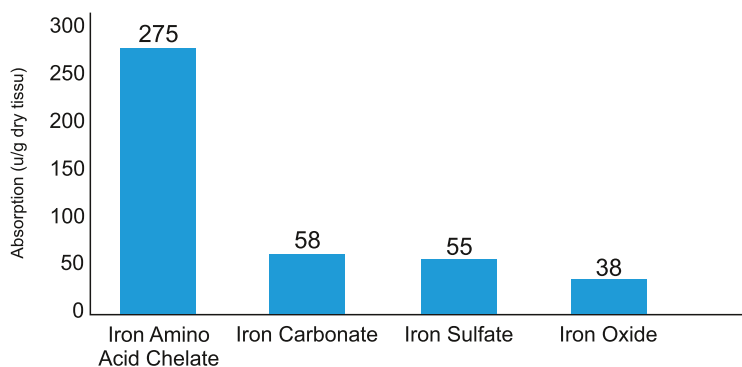
- Contains iron bis-glycinate, folic acid, B₁₂ & C vitamins
- Has four times better absorption than ferrous sulfate
- Causes less gastrointestinal disorder s



EASY IRON can be used in:

- The conditions of increased demand for iron: pregnancy and lactation, heavy menstrual bleeding, regular blood donations, intense sports activities
- Anemia resulting from iron deficiency
- Iron deficiency caused by the lack of appetite, vegan diet, slimming or macrobiotic diet
- Chemotherapy and perioperative period

Mucosal tissue uptake of iron after 120 seconds of exposure to iron from an amino acid chelate, carbonate, sulfate, or oxide mixed in gastric solution:⁶



Dosage:

One capsule daily preferably with a meal

Precautions:

In pregnancy, breast feeding or patients taking prescription and non-prescription medications.

Warning:

Overdose of products containing iron could cause serious poisoning in children.

Packaging:

Bottles containing 30 & 90 capsules



References:

¹Stoltzfus, R. J. Iron deficiency: global prevalence and consequences. Food Nutr Bull 2003;24(4 Suppl):S99-103.

²Dagnelie, P. C. Nutrition and health—potential health benefits and risks of vegetarianism and limited consumption of meat in the Netherlands. Ned.Tijdschr.Geneeskd. 7-5-2003;147(27):1308-1313.

³Borzelleca, J. and Jeppsen, R. Safety Evaluation of Ferrous Bisglycinate Chelate. Food and Chemical Toxicology 37 (1999) 723-731.

⁴Ashmead, H.D. The absorption and metabolism of iron amino acid chelate. Vol 51, No. 1, 2001, (Albion Laboratories, Inc.)

⁵Ferrochel. Available at www.albionferrochel.com

⁶H. DeWayne Ashmead. The absorption and metabolism of iron amino acid chelate. Archivos Latinoamericanos de Nutrición. ALAN v.51 n.1 supl.1 Caracas mar. 2001.