

Iron Glycinate



- Helps to prevent iron deficiency and iron deficiency anaemia
- A factor in the maintenance of good health
- Helps to form red blood cells and helps in their proper function

Available in 120 vegetarian capsules

Discussion

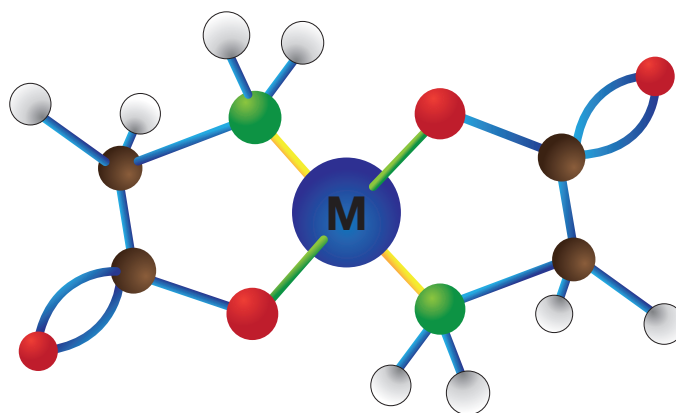
Ferrous iron is reacted with glycine to form bis-glycinate chelate, a non-electrically charged compound that is totally nutritionally functional. The absence of electrical charge, uncommon for an iron supplement, makes it less likely that Iron Glycinate™ can interfere with absorption of other minerals such as calcium, vitamin E or vitamin C. Iron solubility from iron bis-glycinate chelate is not affected by pH changes from 2-6. This means it travels unchanged through the stomach, into the intestine, where it is absorbed and released for transport throughout the body.*

Patient compliance with iron bis-glycinate appears to be better than that seen with inorganic forms of iron supplements for two reasons. First, the taste: In a study with 145 pregnant women (that concluded daily supplementation with iron bis-glycinate chelate was significantly more effective even at a lower dose than ferrous sulfate) the percentage of taste complaints among the women given ferrous sulfate was 29.8%, while 0% of the women on the bis-glycinate

chelate complained about taste. Second, iron bis-glycinate is less likely to have any of the gastrointestinal side-effects associated with standard iron supplementation.*

A published absorption study showed there was a significant correlation between iron absorption of iron bis-glycinate chelate to serum ferritin ($r = -0.60, p < 0.03$) (The higher the ferritin the lower the absorption and vice versa.) The amount of iron stored in the body regulates iron bis-glycinate chelate absorption. This translates into less chance of toxicity. Another benefit of the bis-glycinate chelate form of iron over other iron supplements is that it doesn't act as a pro-oxidant.*

Iron is an important component of hemoglobin, myoglobin, and ferritin. These proteins are involved in the transport, storage, and release of oxygen to the tissues.*



Iron bis-glycinate Courtesy of Albion Laboratories, Inc.®

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Iron Glycinate

Medicinal Ingredients (per vegetarian capsule)

Ferrochel® Iron (Iron (II) bisglycinate).....29 mg

Non-Medicinal Ingredients

Hypromellose, Microcrystalline cellulose, Stearic acid, Magnesium stearate, and Silicon dioxide

Recommended Dose

Adults, adolescents, and children 6 years and older: Take one capsule once a day. Take with food, a few hours before or after taking other medications.

Keep out of reach of children. There is enough drug in this package to seriously harm a child.

For pregnant women: Taking a daily prenatal multi-vitamin mineral supplement along with this product may result in constipation, diarrhea, and/or vomiting due to the high intake of iron.



Ferrochel and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc.

References

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Additional references available upon request.

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