



FERROCHEL® IRON CHELATE

FERROUS BISGLYCINATE CHELATE

120 VEGETARIAN CAPSULES | NPN80045656 | FEC120-CN



Ferrochel® Iron Chelate is a patented iron in the form of iron bisglycinate, providing 27 mg of elemental iron. Unlike common forms of supplemental iron, this form of iron carries no electrical charge, making it easier to absorb and less likely to block the absorption of other nutrients, such as vitamin E, ascorbic acid, and calcium. Because Ferrochel® Iron Chelate is a neutral, fully-reacted molecule, it does not break down in stomach acid and is delivered intact to the intestine, where it is easily absorbed. Inorganic iron supplements, such as ferrous sulfate, have low bioavailability and often produce unpleasant gastrointestinal side effects, such as nausea, constipation and gastric upset. The form of iron in Ferrochel® Iron Chelate gives clinicians a better alternative.

CLINICAL NEED

Iron is an essential nutrient in human health. It plays an important role in tissue oxygenation, immune function, connective tissue integrity, cardiovascular health, and cognitive development. Iron is a constituent of hemoglobin, myoglobin, ferritin, and a number of endogenous enzymes. While iron can be found in fresh green leafy vegetables, corn and beans (soybeans, kidney beans), its bioavailability from plant sources is poor. Iron from meat is much more bioavailable, but many people have such substandard digestive health that they avoid meat due to poor tolerance. For these as well as other metabolic reasons, the World Health Organization estimates that 1.3 billion people are suffering from iron deficiency anemia worldwide. It is more common in females, particularly those with heavy menses, and accounts for a significant amount of chronic fatigue and lethargy.

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CLINICAL USAGE

Ferrochel® Iron Chelate can be used to replete iron in cases of deficiency due to dietary factors, such as improperly managed veganism or vegetarianism, or in cases of malabsorption due to gastrointestinal diseases, such as Celiac or Crohn's. More functional forms of gastrointestinal mucosal damage and inflammation, such as food allergy, dysbiosis, and the use of various medications, can also negatively alter absorption. Ferrochel® Iron Chelate is the optimal form of iron to correct iron-deficiency anemia. However, underlying causes of iron-deficiency, such as heavy menses, ulcers, gastritis, stomach cancer, or other causes of chronic bleeding must also be evaluated in addition to supplementation. Studies in children have shown supplemental iron to improve nutritional status, physical fitness, and cognitive performance.

HIGHLIGHTS

- A true iron chelate from Albion® minerals
- More absorbable and bioavailable with fewer gastrointestinal side-effects
- Less potential for iron toxicity
- Does not block absorption of other nutrients

BENEFITS

Iron replenishment for a multitude of clinical applications:

- Microcytic hypochromic anemia
- Dietary inadequacy (e.g., vegetarian/vegan diet)
- G.I. malabsorption syndromes (e.g., Celiac, Crohn's)
- Fatigue syndromes related to anemia
- Anemia due to chronic bleeding (e.g., ulcer, gastritis, heavy menses)

SAFETY

While iron is critical for proper metabolism and tissue perfusion, too much can also be a problem. Ferrochel® Iron Chelate has been found to be safer than typical iron salts found in foods and dietary supplements, and does not produce any pathological side-effects in animals, even after long-term feeding. Various clinical trials have shown that iron bisglycinate's (Ferrochel® Iron Chelate) absorption is controlled by body iron stores, with greater levels being absorbed by individuals with lower iron status.

IRON-SOURCE CHARACTERISTICS		
	FERROCHEL® IRON CHELATE	IRON SALTS
BENEFITS		
High bioavailability	✓	
Electrically neutral	✓	
Well tolerated	✓	
DRAWBACKS		
Pro-oxidant effect		✓
Interferes with absorption of other nutrients		✓
Requires vitamin C for absorption		✓

Medicinal Ingredients (per capsule):

Iron (Iron (II) bisglycinate).....27 mg

Non-Medicinal Ingredients: Microcrystalline cellulose, hypromellose, magnesium stearate (vegetable source). **Recommended Dose:** Adults: Take 1 capsule per day with food, a few hours before or after taking other medications, or as directed by your health care practitioner. **Warning:** There is enough iron in this product to seriously harm a child. Keep out of reach of children.

REFERENCES

For a list of references cited in this document, please visit: https://www.designsforhealth.com/techsheet-references/Ferrochel_References.pdf