

# Oxygheme

Supports Hemoglobin Production and Integrity | VA-083

## Key Features:

**Oxygheme** provides the necessary nutrients to support the integrity and production of red blood cells.

- Contains **iron in amino acid chelated form**, providing MFP factor-like absorption promoting effect for better bioavailability and GI tolerance.
- Contains vitamin B12 and folic acid to prevent megaloblastic anemia & antioxidants to protect and promote healthy red blood cells.
- Red beet juice extract is used for anemia or blood deficiency in traditional Ayurvedic and Chinese Medicine.

## Indications:

- For people experiencing chronic weakness, fatigue, poor concentration, and shortness of breath after exertion.
- For vegetarians and women, who are at risk of iron and/or vitamin B12 deficiency.
- For prevention of iron-deficiency anemia and/or megaloblastic anemia.

## Description:

### **Iron Amino Acid Chelate**

Iron is the main component of the hemoglobin of our red blood cells and myoglobin of our muscle cells. Lack of iron reduces the oxygen-carrying capacity of blood and energy release in the cells is hindered. This results in fatigue, weakness, headaches and apathy.<sup>1</sup> Work production is lower and physical fitness is reduced. Lowered immunity, impaired wound healing, reduced resistance to cold, and gastrointestinal problems are also common.

Heme iron from meat, poultry and fish is 10 times more absorbable than non-heme iron from vegetable sources. As a result, vegans often have trouble absorbing enough iron from their diet. Women are especially susceptible to iron deficiency. Due to menstrual loss, they need twice as much iron as men do.<sup>2</sup>

Oxygheme provides iron in vegetable protein chelated form, which numerous studies have shown has bioavailability similar to that of heme iron's. Chelated iron also does not cause constipation or stomach complaints that are common with other forms of iron supplementation.

### **Folic acid**

Folate deficiency impairs DNA synthesis, which in turn impairs

## Quantity: 56 Vegetarian Capsules

### Ingredients (per capsule):

Iron (from iron bisglycinate) (TRACCS®).....	15 mg
Vitamin B12 (methylcobalamin).....	330 mcg
Folate (folacin).....	270 mcg
Vitamin C (ascorbic acid).....	60 mg
Vitamin E (12 mg ATE).....	18 IU (from d-alpha tocopheryl acetate)
Beetroot Extract (10:1) ( <i>Beta vulgaris</i> ).....	200 mg (equivalent to 2000 mg of dried beetroot)

TRACCS® (The Real Amino Acid Chelate System)

**Non-medicinal Ingredients:** Silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

**Suggested Use:** Adults - Take 2-3 capsules per day, or as recommended by your health care practitioner.

the normal production of red blood cells.<sup>3</sup> This results in large, immature red blood cells, a problem known as megaloblastic anemia. These larger-than-normal red blood cells contain insufficient amounts of hemoglobin and are unable to transport adequate oxygen. Supplementation with folic acid helps prevent megaloblastic anemia.

### **Vitamin B12**

Vitamin B12 is vital because it regenerates the active form of folate. Therefore, lack of vitamin B12 will also lead to megaloblastic anemia. People usually get vitamin B12 from animal sources, however, so supplementation with vitamin B12 is necessary for vegetarians.

Vitamin B12 supplementation is also important for the elderly, who often cannot secrete enough stomach acid, resulting in inadequate/ improper digestion and ultimately, vitamin B12 deficiency.

### **Vitamin C**

Vitamin C reduces ferric (Fe<sup>3+</sup>) iron to ferrous (Fe<sup>2+</sup>) iron, enhancing iron absorption and improving effectiveness in preventing iron-deficiency anemia.<sup>4</sup>



Vitamin C also regenerates vitamin E and thus, enables it to continue protecting red blood cells from oxidative damage. Vitamin E and C are potent antioxidants that are more effective when taken together. Since vitamin E is a fat-soluble antioxidant and vitamin C is a water-soluble antioxidant, together they can quench free radicals throughout the entire body.

Additionally, vitamin C and E work through different mechanisms. Vitamin E is a primary (chain-breaking) antioxidant and vitamin C is a secondary (preventive) antioxidant. When antioxidants with different mechanisms of action are combined, they are often more active than if used alone. This synergistic effect is important in normalizing levels of antioxidants.

#### ***Vitamin E***

Vitamin E is one of the most important antioxidants due to its fat-soluble characteristics. Vitamin E works synergistically with vitamin C to protect red blood cells against free radicals, preserving their integrity and effectiveness.

#### ***Beet Extract***

Beet root extract is rich in nutrients and is traditionally used as one of the herbal remedies for treating anemia in Ayurvedic medicine. Beet root also contains betaine, which contributes to proper functioning of folic acid and helps prevent megaloblastic anemia.

#### **Reference:**

1. Patterson AJ, Brown WJ, Roberts DCK. Dietary and supplement treatment of iron deficiency results in improvements in general health & fatigue in Australian women of childbearing age. *Journal of the American College of Nutrition*. 2001; 20(4): 337.
2. Stoltzfus RJ. Defining iron-deficiency anemia in public health terms: a time for reflection. *The Journal of Nutrition*. 2001; 131(2): 565S.
3. Lucock M. Folic acid: nutritional biochemistry, molecular biology, and role in disease processes. *Molecular Genetics & Metabolism*. 2000; 71: 121–138.
4. Lynch SR and Cook JD. Interaction of vitamin C & iron. *Annals of the New York Academy of Sciences*. 1980; 355: 32–44.

#### **Caution**

There is enough iron in this package to seriously harm a child. Keep out of reach of children. At doses greater than 35 mg (3 capsules) of iron per day, some people may experience constipation, diarrhea, and/or vomiting.

**For Education Purpose Only:** The entire contents are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this presentation. All statements in this article have not been evaluated by the Food and Drug Administration and are not intended to be used to diagnose, treat, or prevent any diseases.

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