



Code: 9505 **NPN:** 80107078
Size: 60 Vegetarian Capsules

Iron Bisglycinate

Helps Form Red Blood Cells

- Provides a clinical dose of 45 mg of elemental iron per capsule
- A highly absorbable form, iron bisglycinate chelate has greater bioavailability than standard forms
- Comparable to ferrous sulphate at ¼ to ½ the same dose of elemental iron
- Iron bisglycinate chelate is significantly more tolerable than commonly used forms, allowing for continued use and enhancing its effectiveness in replenishing iron stores
- Suitable for vegetarians and vegans

PRODUCT SUMMARY

Iron deficiency remains the most prevalent nutrient deficiency, as well as the most common cause of anemia worldwide. Depleted iron stores impair mitochondrial function and cellular respiration even in the absence of anemia, particularly in metabolically active cells, contributing to symptoms ranging from fatigue and exercise intolerance to cognitive and cardiac impairment. The mainstay for replenishing iron levels in the majority of cases is oral iron supplementation, which is preferable to parenteral administration (injections) in the absence of severe symptoms or contraindications.

However, many oral iron formulations have limited tolerability, primarily due to frequent gastrointestinal symptoms. In contrast, iron bisglycinate chelate, which is composed of two glycine molecules chelated to ferrous iron (Fe²⁺), has demonstrated significantly greater bioavailability than standard forms of iron such as ferrous sulphate, ferrous fumarate, and polymaltose iron. This form has much greater tolerability, allowing for effective restoration of iron levels using lower doses. For example, at ¼ to ½ the dose of ferrous sulphate, iron bisglycinate chelate has shown similar effects on hemoglobin, ferritin, and other markers of hematological status in controlled trials, with better tolerability. It has also been found to be effective and well tolerated in a variety of patient populations, including pregnant women and children with celiac disease. At 45 mg of elemental iron per capsule, higher than most formulations, it is consistent with current recommendations for restoring depleted iron levels in pregnant women, though lower than the threshold typically associated with adverse effects.



IRON BISGLYCINATE

HELPS FORM RED BLOOD CELLS

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 60

Each Vegetarian Capsule Contains:

Iron (bisglycinate) 45 mg

Non-medicinal Ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), stearic acid, silica.

Recommended Adult Dose: 1 capsule per day or as directed by a health care practitioner. Take with food, a few hours before or after taking other medications or natural health products.

Recommended Use: Helps form red blood cells and helps in their proper function. Helps prevent iron deficiency. Helps prevent iron deficiency anemia and associated tiredness and fatigue. Helps pregnant women meet the recommended intake for iron when taken in conjunction with a healthy diet.

Caution: Keep out of reach of children. There is enough iron in this package to seriously harm a child. Some people may experience constipation, diarrhea, and/or vomiting. Stop use if hypersensitivity occurs.

Contraindications: Oral iron supplementation should not be used by individuals with hereditary hemochromatosis, hemosiderosis, or a history of hemolytic anemia without supervision. All cases of anemia should be thoroughly evaluated, and progress monitored.

Drug Interactions: Some medications interfere with the absorption of iron or have their own absorption reduced by iron, including antacids, methyl dopa/levodopa, fluoroquinolones, penicillin, and tetracyclines, and should be taken several hours apart.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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