

Iron Pro



Clinical Applications:

- Supports healthy red blood cell formation and oxygen transport
- Promotes energy production and cognitive function
- Essential for prenatal and reproductive health
- Designed for optimal absorption and gastrointestinal comfort

ESSENTIAL MINERALS

Iron Pro delivers 29 mg of elemental iron per serving in the highly absorbable, gentle form of ferrous bisglycinate, an amino acid chelate known for its superior absorption and gastrointestinal comfort. Unlike conventional iron supplements, which can cause side effects like constipation, bloating, or gas, Iron Pro is designed for better tolerance and enhanced nutrient utilization. Choosing a well-absorbed form like this is essential for maintaining healthy iron levels—especially for those with increased needs—and for ensuring consistency and comfort in your daily supplement routine.

Overview

Iron is one of the most essential and abundant minerals in the body, playing a vital role in energy production, cognitive function, and prenatal health. It's a key component of proteins like hemoglobin, myoglobin, and ferritin, which are responsible for transporting and storing oxygen throughout the body. About two-thirds of the body's iron is found in hemoglobin, which delivers oxygen from the lungs to tissues and organs. Another portion is stored as ferritin, a reserve used when dietary intake falls short.

Maintaining optimal iron levels is critical—too little can impair oxygen delivery and energy, while too much may cause toxicity. Because iron absorption can be easily affected by diet and other factors, high-quality supplementation is often necessary to support healthy levels and long-term wellness.

Bioavailability

The effectiveness of a supplement depends on its bioavailability—how well it's absorbed and used by the body. Iron Pro uses ferrous bisglycinate, a gentle, highly absorbable amino acid chelate that doesn't ionize in the gut. Comparable to heme iron in absorption, it offers up to 59% better uptake than ferrous sulfate and is less likely to cause digestive side effects, making it ideal for maintaining healthy iron levels.

Absorption Comparison of Mineral Salts vs. Mineral Chelates in Intestine

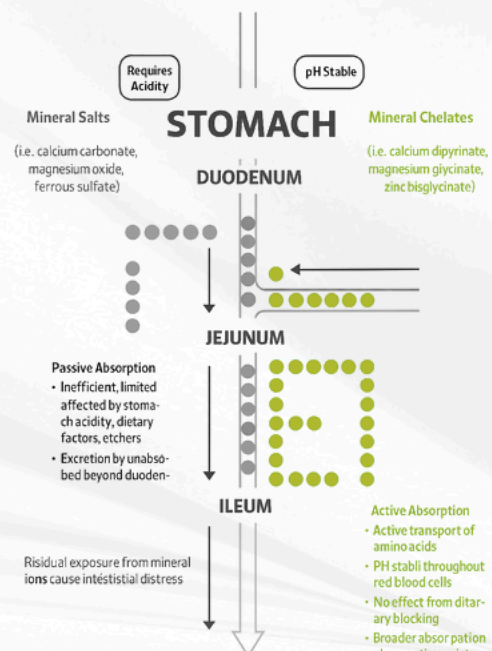


Figure 1

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Clinical studies comparing different forms of iron have demonstrated the clear advantages of Ferrochel® ferrous bisglycinate, the form used in Iron Pro, over traditional rock-salt forms like ferrous sulfate:

- 59% higher absorption rate compared to ferrous sulfate
- 3.8 times greater bioavailability, ensuring more effective uptake
- Fewer reported side effects, including less gas, bloating, and constipation
- In studies, subjects taking 30 mg of Ferrochel® iron reported no adverse effects

Energy Balance

Iron is commonly recommended to help manage fatigue, especially in women. A 2012 randomized clinical trial highlighted its effectiveness in restoring energy levels and reducing fatigue.

In the study, nearly 200 healthy but fatigued menstruating women (ages 18–53) with low ferritin levels (below 50 mcg/L) were evaluated. Half received 80 mg of iron daily, while the other half received a placebo. Fatigue levels were assessed at the start and end of the 12-week trial using a validated questionnaire.

At the end of the study, the group receiving iron supplementation reported significantly improved energy and reduced fatigue compared to the placebo group. Researchers also noted an increase in red blood cell production, reinforcing iron's key role in oxygen delivery and sustained energy.

Prenatal Support

Iron is essential during pregnancy to support both maternal health and fetal development. Multiple leading health organizations, including the Centers for Disease Control and Prevention (CDC), recommend routine low-dose iron supplementation starting at the first prenatal visit to help meet increased nutritional demands.

In cases where lab tests reveal low hemoglobin or hematocrit, healthcare providers may recommend higher doses of iron to ensure optimal outcomes for both mother and baby. Supplementing with a gentle, well-absorbed form like Iron Pro helps support healthy iron levels without the common digestive discomfort often associated with traditional iron supplements.

Cognitive Health

Iron plays a vital role in brain function, especially in areas related to attention, focus, and memory. A 2013 study published in the Canadian Medical Association Journal found that daily iron supplementation significantly improved markers of cognitive performance, including concentration and attention span.

The study also noted that participants who supplemented with iron showed improved outcomes related to general iron deficiency, further emphasizing iron's importance in supporting mental clarity and neurological health.

Directions

Take 1 capsule daily, or as directed by your healthcare provider.

Does Not Contain

This product contains no gluten, corn, yeast, or artificial colors or flavors.

Cautions

If you are pregnant or nursing, consult your healthcare provider before use.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6.

Keep out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts ^{V2}		
Serving Size 1 Capsule		
Servings Per Container 60		
1 capsule contains	Amount Per Serving	% Daily Value
Iron	29 mg	161%
(as Ferrochel® Ferrous Bisglycinate Chelate)		

References

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