



Highly absorbed iron  
glycinate with vitamin C  
to increase its absorption.  
Plus nutritional cofactors  
to aid healthy red blood cell  
production.

## KEY BENEFITS

- ✓ Helps prevent iron deficiency
- ✓ Helps support haemoglobin synthesis
- ✓ Assists healthy red blood cell production
- ✓ Supports energy levels

Vitamin C helps to increase absorption of dietary iron.

## PRODUCT FEATURES

- ✓ With iron glycinate, which is more readily absorbed than some other forms of iron (such as iron sulfate)
- ✓ Plus vitamin C and B vitamins

## ACTIVE INGREDIENTS

Each tablet contains:

Iron (II) glycinate (iron bisglycinate) equiv. to elemental iron 24mg	88.8mg
Thiamine hydrochloride (vitamin B1)	25mg
Riboflavin (vitamin B2)	15mg
Pyridoxine hydrochloride equiv. to pyridoxine (vitamin B6) 20.6mg	25mg
Folic acid	500mcg
Cyanocobalamin (vitamin B12)	500mcg
Ascorbic acid (vitamin C)	50mg

Made in Australia. Suitable for vegetarians and vegans. No ADDED artificial flavours or preservatives, yeast, gluten, wheat, nuts, dairy or animal products.



## DOSAGE

Adults: Take 1 tablet daily.

Children: Child 6-12yrs: Take ½ tablet daily.

Child under 6yrs: Take as professionally advised.

Always read the label. Follow the directions for use. Not for the treatment of iron deficiency conditions. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Vitamins and minerals should not replace a balanced diet.

## CAUTIONS/CONTRAINDICATIONS

- During pregnancy, always consult with a qualified health professional before taking nutritional supplements.
- If you have any pre-existing conditions, are on any medications, always talk to your health professional before use.
- Some products should be ceased at least two weeks before any elective surgery, please confirm with your health professional.

## BACKGROUND INFORMATION

### THE IMPORTANCE OF IRON

Iron is an essential mineral that has many physiological functions. It can be found in two forms in the body: haem and non-haem. The main sources of haem iron are animal foods while non-haem iron is mainly found in plant foods.

Haem iron usually accounts for only 15% of iron in the diet, however it is absorbed two to three times more readily than non-haem iron.

Iron helps maintain normal blood, including blood levels of oxygen. Iron is also essential for healthy blood cell formation and cellular energy production.

According to the Australian Bureau of Statistics, 40% of teenage Australian girls aged 14-18 and 38% of Australian women under 50 years of age don't obtain the recommended quantities of iron from their diets.

Always read the label. Follow the directions for use. Not for the treatment of iron deficiency conditions. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Vitamins and minerals should not replace a balanced diet.



Fusion Health, 54/1 Porter St.,  
Byron Bay, NSW 2481 Australia  
Ph: 1800 550 103

## DO YOU NEED MORE IRON?

- Many Australian women and teenage girls don't get the recommended amount of iron from their diets.
- Pregnant women may have increased requirements for iron and may consider supplementing iron levels when dietary intake is inadequate, after consulting a health professional.
- People on a vegetarian or vegan diet may need to supplement their iron due to a reduced amount and absorption of non-haem iron from vegetable sources.

## WHY IRON GLYCINATE?

Iron glycinate is form of iron that is more readily absorbed than some other forms of iron (such as iron sulfate). It's gentle on the digestive system and is generally well tolerated.



## COMPANION PRODUCTS

**Multi Vitamin & Mineral Advanced** - Convenient 1-a-day formula containing 36 vitamins and minerals.



**Women's Balance** - With herbs used to relieve period pain and premenstrual symptoms in traditional Chinese medicine.