

## **Iron bisglycinate**

### **Description**

#### **Product number B072 - 100 tablets**

Easily absorbable form of iron. Using the stable amino acid chelate iron-bisglycinate used, a high concentration of iron can be presented to the specific transport proteins in the intestinal lumen, because it is relatively insensitive to dietary factors that can adversely affect the absorption of iron, such as phytic acids and phosphates.

Iron is an important part of hundreds of proteins and enzymes in our body, such as hemoglobin and the cytochrome enzymes. In our metabolism, iron thus contributes to:

the normal formation of red blood cells and hemoglobin

normal oxygen transport in the body

the reduction of tiredness and fatigue

normal cognitive function

the normal functioning of the immune system

iron plays a role in the cell division process

Ingredients and % Reference Intake per tablet:

Iron (as bisglycinate) 21 mg (elem.) = 150% RI

**Fillers:** microcrystalline cellulose, rice starch, vegetable magnesium stearate, cottonseed oil. Anti-caking agent: silicon dioxide.

#### **Usage and warnings:**

1 x 1 tablet daily with a meal, unless otherwise advised by an expert. Do not exceed recommended dosage. Keep out of reach of children. High iron intake by young children can be toxic. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet