NutriDyn®

Iron Support

Support for Essential Metabolic Functions♦

Iron Support promotes essential metabolic functions by helping support healthy red blood cells.♦ Iron is an essential mineral that supports transmission of nerve impulses and promotes healthy oxygen levels in cells and tissues.♦ Iron Support is a comprehensive formula with vitamin C for proper iron absorption.♦

How Iron Support Works

Iron deficiency is a common concern across populations from children to the elderly with a variety of causes including inadequate dietary intake, excess turnover, and excessive blood loss.[1,2]

The body monitors and detects changes in iron absorption and metabolism to promote healthy immune responses.♦[1] Iron metabolism further supports healthy red blood cells and their function in transporting oxygen at the cellular level throughout the body.♦[3]

Essential metabolic functions depend on the iron, vitamin B12, and folate found in Iron Support.♦[4] These nutrients contribute to forming and maintaining healthy red blood cells that promote peripheral circulation.♦[4,5] Healthy red blood cells transport oxygen and support healthy immune responses in the body.♦[5]

Maintaining healthy levels of iron promotes overall well-being and health.♦[6,7] Clinical evidence further suggests that nutritional supplementation is the preferred response to maintaining healthy iron levels.♦[8]

Iron Support Supplementation

The ingredients in Iron Support are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting essential metabolic functions.♦

Clinical evidence and research cited herein shows that the ingredients in Iron Support may:

- Support essential metabolic functions♦
- Support healthy red blood cells♦
- Support proper iron absorption♦
- Support healthy immune response♦

Form: 180 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Vitamin C (as ascorbic acid)	80 mg	89%
Thiamin (as thiamin mononitrate)	5 mg	417%
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg	294%
Folate (as calcium L-5-methyl-tetrahydrofolate) (BioFolate®)	1,020 mcg DFE	255%
Vitamin B12 (as methylcobalamin)	350 mcg	14,583%
Iron (as ferrous bis-glycinate) (Ferrochel™)	29 mg	161%
Copper (as copper lysinate)	1 mg	111%
L-Glycine	100 mg	**
Succinic Acid	100 mg	**

Other Ingredients:
Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

BioFolate® is a federally registered trademark of MTC Industries, Inc.
Ferrochel™ is a trademark of Balchem Corp. or Albion Labs.

Directions:
Take one capsule daily or as directed by your healthcare practitioner.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

***Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*

GLUTEN-FREE · DAIRY-FREE · VEGETARIAN · NON-GMO · PRODUCED IN A cGMP FACILITY

♦ 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.

References

For more information, visit: ***www.nutridyn.com***

References:

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8. Lopez, A., Cacoub, P., Macdougall, I. C., & Peyrin-Biroulet, L. (2016). Iron deficiency anemia. *The Lancet, 387*(10021), 907-916.