



IronBisglycinate

Advanced formula



- Formulated for maximum bioavailability
- Critical nutrients for iron-deficiency anemia

ISO 17025
Accredited Laboratory



newrootsherbal.com



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A healthy diet and the presence of many food items fortified with iron usually meet the dietary requirements of the average North American. However, targeted supplementation with iron bisglycinate can be useful for those with iron-deficiency anemia (low red blood cell count), compromised immune systems, malabsorption syndrome, or lack of stamina, to name a few. Women of reproductive age are also at risk of iron deficiencies during menstruation and pregnancy. New Roots Herbal's **Iron Bisglycinate** is a complete formula suitable to meet minimum iron requirements for vegetarians and vegans alike.

Iron bisglycinate has an absorption rate of up to three times that of other forms of iron, as it's absorbed via an alternative pathway within the intestinal mucosa. This means it will not interfere with other forms of dietary iron. It's also free from the common side effects of iron supplementation, including sore stomach, constipation, diarrhea, and cramps. Our formula includes a full spectrum of complementary nutrients that improve the body's assimilation of iron, including biologically active forms of folic acid (methylfolate) and vitamin B₁₂ (methylcobalamin).

Iron plays many roles within the human body, the most important as the backbone of red blood cells (hemoglobin) that assimilate oxygen within the lungs. Therapeutic use of New Roots Herbal's **Iron Bisglycinate** is safe and effective, and could be the key to a healthier, more energetic lifestyle.

Each vegetable capsule contains:

Iron (from iron bisglycinate)	35 mg
Vitamin B ₁ (thiamine hydrochloride)	5 mg
Vitamin B ₃ (inositol hexanicotinate, flush-free)	5 mg
Vitamin B ₆ (pyridoxal-5'-phosphate)	5 mg
Vitamin B ₂ (riboflavin-5'-phosphate sodium salt)	5 mg
Vitamin B ₁₂ (methylcobalamin)	1 mg
Vitamin B ₉ (folic acid; L-methylfolate, from calcium 5-methyltetrahydrofolate)	1 mg
Copper (from cupric citrate)	1 mg
Vitamin C (ascorbic acid)	75 mg

Other ingredients: Vegetable magnesium stearate, silicon dioxide, microcrystalline cellulose, and dicalcium phosphate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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Suggested use:

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Manufactured under strict GMP (Good Manufacturing Practices).

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