

Iron Bisglycinate

Iron in a form for enhanced absorption
without gastrointestinal side effects



Iron bisglycinate (Ferrochel®)



What it is

Thorne's Iron Bisglycinate provides 25 mg of elemental iron per capsule that has been reacted with glycine for optimal absorption in the gastrointestinal tract, thus helping to decrease the typical gastrointestinal side effects.

What it does

Iron Bisglycinate provides an optimal way to supplement iron, which is essential for red blood cell formation.* It helps fight fatigue and other symptoms of iron deficiency in athletes and others.* The U.S. Centers for Disease Control has determined that the prevalence of iron deficiency is greatest among toddlers (7% of those ages 1-2 years) and menstruating adolescent and adult females (9-16% of individuals ages 12-49), whether they are athletes or not. Conventional iron supplementation, like forms such as ferrous sulfate, can cause gastrointestinal side effects – including nausea, vomiting, constipation, diarrhea, and dark-colored stools – because these forms of iron are poorly absorbed. Iron bisglycinate is much better absorbed, which translates to fewer side effects and greater efficacy at lower doses.

Why supplement with iron?

An iron deficiency can manifest as weakness, fatigue, shortness of breath on exertion, dizziness, tinnitus, spots before the eyes, drowsiness, irritability, infrequent menstruation, and loss of libido. Athletes need approximately 1.5 times as much Iron as non-athletes. Those who follow a vegetarian or lower protein diets can need as much as 1.8 times more iron. Blood loss from injury and muscle damage, as well as GI bleeding associated with extreme endurance activities, can further decrease the body's iron stores.

Low iron can lead to a reduction in the body's normal uptake of oxygen to cells. A reduction of oxygen to cells can lead to a reduction in work capacity and aerobic performance. Untreated chronic low levels of iron can lead to iron deficiency anemia.

Who can benefit

Iron bisglycinate is great for athletes, menstruating females, vegetarians, and those not eating enough iron-containing food.*

Key benefits/features

- / Essential mineral for red blood cell formation*
- / Helps fight fatigue and symptoms of deficiency*
- / Molecular structure prevents dietary interference with phytates
- / Non-constipating, well-absorbed form of iron
- / 25 mg of elemental iron reacted with glycine
- / Backed by numerous clinical studies for efficacy and lack of side effects
- / NSF Certified for Sport®



SUPPLEMENT FACTS

V09

Serving Size: One Capsule

One Capsule Contains:

%DV

Iron (as Ferrochel® Ferrous Bisglycinate Chelate)†

25 mg

139%

Daily Value (DV)



Other Ingredients

Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Leucine, Silicon Dioxide.

Suggested Use

Take 1 capsule daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

†This product uses Albion's Ferrochel® Ferrous Bisglycinate chelate. Ferrochel is a registered trademark of Albion International, Inc.

SKU	Unit Count	Benefits	Features
M226	60 Capsules	Energy* Foundational	Gluten Free

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*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.