

# IRON EXTRA

## RED BLOOD CELL SUPPORT

**Ingredients:** 1 capsule: Vitamin C (calcium ascorbate, buffered) - 500 mg, Folate (folic acid) - 400 mcg, Vitamin B12 (cyanocobalamin) - 500 mcg, Iron (aspartate, ferrous succinate, ferrous fumarate) - 25 mg, Iodine (kelp) - 75 mcg, Yellow dock root - 25 mg, Dandelion root - 25 mg, Alfalfa leaf - 15 mg, Nettles - 15 mg, vegetable capsule

Not all women need iron. In fact, it is best to take a daily multiple without iron and then supplement with a separate iron supplement temporarily only as long as you have iron deficient anemia. In animals, iron increases tumor growth.<sup>39</sup> Women with high levels of iron are reported to have increased cancer risks,<sup>40</sup> and iron-depleted women have a low risk of cancer.<sup>41</sup> In general, iron can act as a “pro-oxidant”, which means that under the right circumstances, iron can create free radicals, which are damaging to our health and can cause cancers. Until more is known about the “pro-oxidant” effect of iron, the use of iron supplements should only be utilized when you have an iron deficiency or anemia related to inadequate iron levels. A simple blood test can detect anemia and additional blood tests can test for iron levels both in the blood and in body stores.

Not only is elemental iron important but there are other nutrients that enhance the absorption of iron and address the additional deficiencies that can cause anemia. Several herbs have been used in traditional herbal medicine for anemia to provide sources of these nutrients, as well as to improve the bowel absorption of the iron while minimizing constipation often associated with iron supplementation. In our formula, we have included yellow dock, dandelion, kelp, alfalfa and nettles for these purposes. These herbs are an important part of a comprehensive nutritional and herbal support for adequately oxygenated blood with plenty of iron.

Anemia can be a result of several nutritional deficiencies; therefore a well-rounded approach to correcting anemia is optimal. How much iron we absorb is greatly improved by vitamin C, which you will also see in our formulation. Folic acid and/or vitamin B12 are two B vitamins that can also cause anemia when they are deficient. To provide a comprehensive anemia supplement, we have included these two nutrients as well.

**Key Clinical Concepts:** Iron deficient anemia

**Contraindications and Cautions:** Take iron supplement after known iron deficiency; see your practitioner for assessment and follow-up. Considered safe with nursing and pregnancy.

**Naturopathic Principles:** A diet high in green leafy vegetables, whole grains, legumes, and high iron foods, managing excessive or irregular menstrual bleeding.

**Complementary Products:** Women’s Symmetry, Herbal Symmetry, Slow Flow