

I-X

100 capsules, Herbal combination, Stock No. 1218-4

I-X is an herbal iron source frequently used for iron-deficiency anemia and chronic inflammatory conditions.

This formula contains herbs such as chickweed herb, mullein leaf, burdock and red raspberry which are excellent sources of organic iron. Herbs such as red beet root, yellow dock and red raspberry are also high in other nutrients including vitamins, minerals, and trace minerals.

Did you know?

The body conserves and recycles iron from red blood cells and excretes approximately 1 mg of iron per day in males and 1.5 mg per day from women.

Alcohol, aspirin and inorganic phosphates such as found in carbonated soft drinks, form insoluble precipitates with iron thus lowering the absorption of iron. Coffee and tea reduce iron absorption 50% because of their tannin content.

NSP Advantage

100 capsules. Herbal combination.

Ingredients: 450 mg combination of the finest red beet (*Beta vulgaris*) root, yellow dock (*Rumex crispus*) root, red raspberry (*Rubus idaeus*) leaves, chickweed (*Stellaria media*) herb, burdock (*Arctium lappa*) root, nettle (*Urtica dioica*) herb, and mullein (*Verbascum thapsus*) leaves. The herbs in this formula contain naturally occurring amounts of calcium, iron, manganese, phosphorus, riboflavin, thiamine, vitamins A and C, and zinc.

Recommendation: Take two capsules with a meal three times daily.

Features & Benefits

- Induces perspiration to promote the elimination of toxins.
- Mucilaginous herbs such as mullein soothe inflamed tissues.
- May provide a mild laxative effect due to chickweed's fibre content and the action of burdock as an herbal stimulant laxative..
- Yellow dock has been used traditionally to stimulate urine flow.
- Iron aids in the transportation of oxygen to the cells and carbon dioxide to the lungs.
- Traditionally used for anemia, chronic constipation, fatigue, liver problems, rheumatism, and urinary dysfunction.