

# Iron with Vitamin C

DIN 02135671, 120 tablets, Vitamin/mineral supplement, Stock No. 1785-4

**I**ron is part of hemoglobin, the oxygen-carrying component of the blood. Iron-deficient people tire easily, because their bodies are starved of oxygen.

The need for iron increases during menstruation, hemorrhage, periods of rapid growth, or whenever there is a loss of blood.

## *Did you know?*

Ferrous gluconate, organic iron, is nonconstipating and does not neutralize vitamin E. Ferrous sulfate, inorganic iron, which appears in many vitamin and mineral supplements, can destroy vitamin E.<sup>3</sup>

## *NSP Advantage*

120 tablets. Vitamin/mineral supplement

*Ingredients:* 5 mg of iron (ferrous gluconate) and 100 mg of vitamin C (ascorbic acid) in a base containing rose hips (*Rosa canina*), chickweed (*Stellaria media*) herb, mullein (*Verbascum thapsus*) leaves, thyme (*Thymus vulgaris*) herb, and yellow dock (*Rumex crispus*) root.

*Recommendation:* Take one tablet three times daily Immediately after meals.

1. Wright, Austin, Brown, and Gaby, The Natural Pharmacy, Prima Health, 1998, p. 178.

2. Dunne, Lavon J., Nutrition Almanac, 1990, pp. 75-76.

3. Mindell, Earl, Earl Mindell's Vitamin Bible, Warner Books, 1991, pp. 43, 79, 80.

## Features & Benefits

- Iron is a factor in the maintenance of good health and a factor in the prevention of iron deficiency.
- Vitamin C is a factor in the maintenance of good health.
- Vitamin C is a factor in the normal development and maintenance of bones, cartilage, teeth and gums.
- Iron promotes resistance to disease.<sup>2,3</sup>
- Iron prevents fatigue.<sup>3</sup>
- Iron cures and prevents iron-deficiency anemia.<sup>3</sup>
- Iron may be beneficial in the treatment of leukemia and colitis.<sup>2</sup>
- Vitamin C helps the body's absorption of iron.<sup>2,3</sup>
- Iron and vitamin C speed up the restoration of hemoglobin levels to normal.<sup>2</sup>