



— Your Trusted Source —

Iron-C



What Is It?

Iron-C provides the body with highly utilizable forms of iron to support hemoglobin and myoglobin synthesis and muscle function.*

Uses For Iron-C

Iron is an important component of hemoglobin in red blood cells and myoglobin in muscle cells where it is required for oxygen and carbon dioxide transport. Iron is necessary to manufacture myoglobin, a transporter of oxygen found in muscle tissue, which causes the chemical reactions that initiate muscle contractions. Vitamin C enhances the intestinal absorption of iron.*

What Is The Source?

Iron is sourced naturally from elemental ore. Ascorbic acid is sourced from corn dextrose fermentation. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 1–2 capsules daily, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Orally, iron can cause G.I. upset, abdominal pain, constipation or diarrhea, nausea or vomiting. G.I. adverse effects are uncommon at doses below the tolerable upper intake level (UL) of 45 mg per day. Consult your physician for more information.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Are There Any Potential Drug Interactions?

Iron supplementation can decrease the absorption of certain medications, including bisphosphonates, levodopa, levothyroxine, methyl dopa, mycophenolate mofetil and certain antibiotics. Consult your physician for more information.

Iron-C

each vegetarian capsule contains  V 3	
vitamin C (as ascorbic acid).....	175 mg
iron (as iron glycinate and 50% as iron aspartate).....	15 mg
ascorbyl palmitate (fat-soluble vitamin C)	3 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	
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