

Dr. Fuhrman®

PRODUCT FACTS

GENTLE IRON

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Iron is an essential nutrient crucial for transporting oxygen in the blood, and deficiency can cause fatigue and compromised immunity. There are two types of dietary iron: heme iron, which is found in animal foods, and nonheme iron, which is found in plant foods and supplements. The human body absorbs heme iron from animal foods more readily than nonheme iron from plant foods.

With age, excess amounts of iron may build up, generating oxidative stress, which contributes to chronic diseases. However, it is appropriate to supplement with iron in cases of deficiency or an increased biological need, such as in pregnancy.¹⁻³

Because of the difference in absorption between plant and animal sources of iron, premenopausal women following plant-based diets are more likely to be low in iron.⁴ Due to iron losses, women with heavy menstrual bleeding may also be low in iron.⁵ An estimated 18% of pregnant women and 9% of teen girls and premenopausal women in the U.S. are iron deficient.^{2,6}

During pregnancy, iron needs approximately double; adequate iron stores are essential for early infant brain development, are needed to support the large increase in blood volume that occurs during pregnancy and may also be important for mother-child bonding during infancy.⁷⁻¹¹ Iron deficiency in the mother can lead to iron deficiency in their breast-fed infant.¹² It is important for pregnant women (and those planning on becoming pregnant), especially those on a vegan or near-vegan diet, to maintain adequate iron stores.⁴



Gentle Iron contains Ferrochel®, a patented formulation of iron bisglycinate. Research suggests iron bisglycinate is more highly absorbed than other forms of iron and causes less gastrointestinal discomfort.¹³⁻¹⁵

It is wise to monitor your iron levels with blood tests to assure iron adequacy and adjust supplementation accordingly. If you are uncertain about your need for extra iron, have a ferritin blood test done to check your iron levels. **Take the Vitamin Advisor assessment** for personalized recommendations based on your ferritin and hemoglobin levels.

As taking too much iron can be problematic and potentially dangerous, an iron supplement should be used only under the direction of a physician. Keep out of reach of children.

GENTLE IRON

Product Features

- Provides 27 mg iron per capsule
- Formulated for high absorption
- Well-tolerated by gastrointestinal system
- Vegan
- Non-GMO
- Free of gluten, dairy, and soy



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Supplement Facts

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Serving Size 1 capsule

	Amount Per Serving	% Daily Value
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	27 mg	150%

Other Ingredients: Microcrystalline cellulose, cellulose (capsule), vegetable stearate.

Suggested use: Take one capsule per day with a meal, or as directed by your health care practitioner.

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

Caution: If pregnant, nursing or on medication, consult with your healthcare practitioner.

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