



# Ferrasorb®

*Iron and essential B vitamins in a complete blood-building formula.*

**Ferrasorb provides 24mg of elemental iron per capsule, plus the active forms of folate and B12, which are essential for blood-building.**



Iron deficiency can manifest as weakness, fatigue, shortness of breath on exertion, dizziness, tinnitus, spots before the eyes, drowsiness, irritability, infrequent menses, and loss of libido. Individuals who have a greater need for iron, or who tend to chronically lose iron, or who don't absorb iron well, can benefit from a formula that can increase the amount of hemoglobin in the blood, such as Ferrasorb®. Studies indicate that combining iron with essential B vitamins is superior to using these nutrients individually. Ferrasorb combines the active forms of vitamin B12 (methylcobalamin) and folate (L-5-methyltetrahydrofolate) with well-absorbed iron bisglycinate – for an optimal blood-building supplement.

Individuals who are susceptible to being deficient in iron include teenage girls, pregnant women, women of childbearing age (particularly if they have heavy menses), individuals with malabsorption syndromes (Crohn's disease or Celiac disease), individuals on chemotherapy, elderly patients with low stomach acid secretion, and individuals with poor kidney function.

### Suggested Use

Take 1 capsule daily or as recommended by your health professional.

### Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### Pregnancy Warning

If pregnant, consult your health professional before using this product.

### Interactions

5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

### Additional Warnings

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

### SUPPLEMENT FACTS

Serving Size: One Capsule

#### One Capsule Contains:

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|---|---------|
| Folate (as L-5-Methyltetrahydrofolate†<br>from L-5-Methyltetrahydrofolic Acid,<br>Glucosamine Salt) | 400 mcg |
| Vitamin B12 (as Methylcobalamin)  | 50 mcg  |
| Iron (as Ferrochel®<br>Ferrous Bisglycinate Chelate)††  | 24 mg   |

Other Ingredients: Microcrystalline Cellulose, Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.