

COMPLEX ISSUES IRONED OUT



THE INS AND OUTS OF IRON COMPLEX

Anemia and iron deficiency should be given serious thought and attention. Thankfully, taking care of it does not have to be so difficult as iron supplementation can help promote iron levels.

Advanced Nutrition by Zahler's Iron Complex is different than most iron supplements.



Ferrochel® Iron Chelate

Is a superior iron source known for its enhanced intestinal tolerability and absorption.



Methyl B12, Methylfolate, Vitamin C and Amino Acid L-Histidine

Are all critical to support the formation and function of hemoglobin as well as the body's absorption of iron.

There's something even more special about **Iron Complex**. It not only supports healthy iron levels in the body, but also addresses common nutritional deficiencies that cause anemia. It is also gentle on the stomach and does not cause constipation.

So you're tired all the time, your energy levels are lower than ever, and you're short of breath. That may sound normal given your hectic life and overwhelming stress load, but really, don't you think you deserve to feel better? More importantly, is there anything you can do to feel better?

IRON AND ANEMIA

Everyone deserves to function at optimal levels, and for the most part, that level of function is obtainable. Often, the symptoms sketched above may point to something as simple, yet significant, as anemia. Anemia is a condition in which the body is lacking sufficient red blood cells or has red blood cells that are unhealthy. When this happens, the blood cannot transport enough oxygen to all parts of the body since red blood cells, or RBCs, are responsible for that function. Anemia can occur for several reasons. Iron-deficiency anemia is the most common, but anemia can be a result of infection, certain medications, malnutrition, chronic alcohol consumption and kidney disease, among others.

Ane-ME-ia

Who suffers from anemia? It can affect almost anyone. Women of childbearing age are especially susceptible because of the extra demands on their nutritional stores. People who suffer from chronic conditions, have a family history of anemia, or are over age 65 have greater risks of becoming anemic. Untreated anemia can lead to serious complications and health problems including severe fatigue, heart problems, and in some cases, even death.

Yes, you can feel great and have energy to make it through the day. If your iron levels are sub-par, consider supplementing with **Iron Complex** from Advanced Nutrition by Zahler. It may be just the boost you need to live life to the fullest.

