

Iron Matrix

20mg of elemental iron in a fully chelated bis-glycinate form for optimal bioavailability and digestive tolerability. Added vitamin C improves absorption and B6, B12, folic acid, magnesium and copper to aid in red blood cell formation.



Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free

- Each vegetable capsule provides 20mg of elemental iron in a bis.glycinate chelate for optimal absorption and digestive tolerability
- Additional vitamin C, B6, B12, folic acid, magnesium and copper added to improve iron absorption from the digestive tract and ensure proper red blood cell formation.
- Indicated for those with iron-deficient anemia and associated symptoms of fatigue, hair loss, poor cognition, low mood, weakened immunity and hormonal imbalance

Iron continues to be the most commonly overt nutrient deficiency in the developed world, with an especially high prevalence in women and during pregnancy. In fact, 1 out of every 2 women will be iron-deficient at one point in their lives and even more suffer from symptoms associated with suboptimal iron levels. Although fatigue, weakness, hair loss and pallor are classic symptoms of iron-deficiency anemia, low iron levels affect many other body systems.

For example, iron deficiency has been found to be a common cause of restless leg syndrome

in approximately 1 out of every 4 cases and supplemental iron can improve symptoms. This is thought to be achieved by iron's up-regulation of dopamine synthesis from tyrosine. It is also well-documented that children and adults perform poorer on mental function tests in states of iron deficiency, with areas such as attention, memory and concentration being affected.

Iron also plays a critical role in many hormonal pathways. Iron is required for thyroid conversion from thyroxine (T4) to triiodothyronine (T3) and, in cases of hypothyroidism with concomitant iron deficiency, combination treatment with iron and levothyroxine has been shown to be superior over each therapy alone. In women with heavy menstrual bleeding, iron deficiency can actually cause a recurring state of heavy menstrual bleeding through weakened uterine muscles, thereby exacerbating the condition. Evidence also shows that women with unexplained infertility and suboptimal iron status may benefit from iron restoration therapy.

Finally, iron is needed for proper immune function through cytokine production in macrophages and

an iron-deficient state may lead to an insufficient immune response. For example, research in individuals with oral candidiasis has shown that iron restoration can lower salivary candida counts and reduce oral lesions.

Despite all of the health benefits that come with targeted supplemental iron, many women and iron-deficient individuals are hesitant to supplement with iron or they become non-compliant due to digestive side effects such as constipation, nausea and stomach upset.

Cyto-Matrix's Iron Matrix contains iron in the chelated, bis-glycinate form, optimal for absorption and gentle action on the digestive tract. This greatly reduces the likelihood of unwanted complications during iron supplementation. Each capsule contains 20mg of elemental iron with additional vitamin C, B6, B12, folic acid, magnesium and copper to help in the absorption of iron from the digestive tract and aid in the production of healthy red blood cells.

Each capsule contains

Vitamin C	300mg
(ascorbic acid)	
Magnesium	42mg
(Albion™ magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide))*	
Vitamin B6	25mg
(pyridoxal-5-phosphate)	
Iron	20mg
(Albion™ ferrous bis-glycinate chelate)*	
Folate	400mcg
(L-5-methyltetrahydrofolate)	
Vitamin B12	400mcg
(methylcobalamin)	
Copper	35mcg
(Albion™ copper bis-glycinate chelate)*	



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Non-Medicinal Ingredients

Hypromellose, magnesium stearate.

Recommended Use Claim

Helps to prevent iron deficiency anaemia.

Directions of Use

Adults (19 years and older) - Take 1 - 2 capsules per day with food. Take a few hours before or after other medications. 400mcg of folate per day is adequate for most women to reduce the risk of neural tube defects. Consult a healthcare professional to determine if you would benefit from additional folate before taking this product.

Cautions and Warnings

Stop use if • hypersensitivity occurs. When using this product • some people may experience constipation, diarrhea and vomiting. Keep out of reach of children. There is enough iron in this package to seriously harm a child.

Storage Conditions

Do not use if safety seal is broken.