

Iron Synergy®

Food-Grown Iron with Beet Root and Yellow Dock

- Promotes healthy iron levels*
- Supplies food-grown, bioavailable iron
- Encourages iron assimilation*
- Builds blood to support overall health*

Iron Synergy® is a blend of Naturized® food-grown iron and Vitamin C with select botanicals that offers a whole food alternative to iron supplementation. Naturized® iron is supplied in a food matrix of the probiotic *Lactobacillus bulgaricus*, which is found to be an ideal delivery vehicle for minerals due to its ability to improve absorption and utilization. Beet root helps nourish and build healthy blood, while Vitamin C and Yellow Dock root enhance iron uptake. This unique combination provides a synergistic effect with the Naturized® iron to help build blood and support overall health.*



Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 90

	Amount Per Serving	%Daily Value
Vitamin C (from <i>Citrus spp.</i> (Biogrown®))	20 mg	22%
Iron (from <i>Lactobacillus bulgaricus</i> (Biogurt®)◀)	30 mg	167%
Beet (<i>Beta vulgaris</i>) Root Ext.	150 mg	*
Yellow Dock (<i>Rumex crispus</i>) Root Ext.	100 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Rice Extract Blend (Rice Bran Extract, Rice Hulls, Gum Arabic, Sunflower Oil).
◀ Naturized® Food-Grown Nutrient.

DOES NOT CONTAIN: Wheat, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Available in 90 capsules

SUGGESTED USE: For adults, 1 capsule daily or as directed by your healthcare practitioner. Not intended for use in children.

WARNING: Accidental overdose of Iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center (1-800-222-1222) immediately.

Naturized® Food-Grown Nutrients

✂ *Optimized Absorption**

✂ *Targeted Delivery**

↻ *Enhanced Utilization**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

FEATURING

Naturized® Iron (from *Lactobacillus bulgaricus*)

Iron is well-known for its role in oxygen transport as it facilitates the blood cells' ability to carry oxygen throughout the body. Iron is essential in many physiological functions including respiratory, immune, metabolic, cellular, and cognitive. Food-based nutrients are ideal because of their innate compatibility with human biochemistry and physiology. Naturized® nutrients, delivered in a food matrix, are recognized by the body as a nutritious food complex. Nutrients are released from the matrix during digestion through the gut. This naturally facilitates their absorption, bioavailability, and bioactivity.*

Beet Root Extract (*Beta vulgaris*)

Beet root is highly regarded as a functional food that promotes health and has a long history of medicinal use. The ancient physician Hippocrates recommended eating beets to nourish and build the blood. In modern times, research confirms that Beet root is an excellent source of nutrients that promote cardiovascular health and that consuming beet root regularly has a positive influence on the quality of the blood. Beet root has also demonstrated antioxidant activity.*

Yellow Dock Root (*Rumex crispus*)

Yellow Dock has been used for centuries by traditional herbalists as a blood-nourishing tonic. It is a highly-revered herb traditionally used to enhance iron assimilation and build healthy blood. Yellow Dock is commonly used in combination with other botanicals to build blood and has been shown to promote healthy hemoglobin levels. Early American physicians also used it to address blood and lymph stagnation as it is noted to support healthy blood and lymph flow.*

Naturized® Vitamin C

Vitamin C is provided to help promote healthy iron absorption. Iron Synergy features Naturized® vitamin C. Naturized® nutrients are designed to emulate whole foods while delivering a higher concentration of specific vitamins or minerals. They deliver nutrients in a food matrix that the body recognizes as a nutritious food complex. This naturally facilitates their absorption, bioavailability, and bioactivity. In creating the Naturized® form of vitamin C, a citrus extract is reacted with vitamin C to create a bioavailable food complex.



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Our specialty ingredients are certified by analysis for purity and potency, and this product is manufactured under current Good Manufacturing Practices (cGMP).



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