

VEGETARIAN

Easy Iron is 100% pure vegetable based product. The manufacturing process was designed and implemented specifically to meet vegetarians' requirements. Our Quality Assurance Team maintains the highest standards for our products. Easy Iron is guaranteed to contain no animal products or by-products of any kind. Easy Iron is the iron supplement made for you.

RECOMMENDED FOR

- Premenstrual Syndrome (PMS) (includes Dysmenorrhea)
- Fatigue
- Thyroid - Hypothyroidism
- Hypertension (High Blood Pressure)
- Atherosclerosis (Coronary Heart Disease)
- Weight Management
- Nervous System & Brain
- Muscle & Connective Tissue
- Lungs
- Hair

CAUTION:

Huge overdoses (as when a child swallows an entire bottle of iron supplements) can be fatal to children. Keep all iron-containing supplements out of a child's reach. Hemochromatosis, hemosiderosis, polycythemia, and iron-loading anemias (such as thalassemia and sickle cell anemia) are conditions involving excessive storage of iron. Supplementing iron can be quite dangerous for people with these diseases.

Recommended Daily Dietary Allowance (RDA)

Life stage/Group	R.D.A.
Infants	
0-6 months	0.27mg
7-12 months	11mg
Children	
1-3 years	7mg
4-8 years	10mg
Boys & Men	
9-13 years	8mg
14-18 years	11mg
19-30 years	8mg
31-50 years	8mg
50-70 years	8mg
70 years +	8mg
Girls & Women	
9-13 years	8mg
14-18 years	15mg
19-30 years	18mg
31-50 years	18mg
50-70 years	8mg
70 years +	8mg
During Pregnancy	
18 years and under	27mg
19-30 years	27mg
31-50 years	27mg
While Nursing	
18 years and under	10mg
19-30 years	9mg
31-50 years	9mg

Iron (Fe), WebMd, January 21, 2003
Iron, MayoClinic.com, May 10, 2002
Fortifying with Iron, Dairy Foods, November 2002



545 Welham Road
Barrie, Ontario, L4N 8Z6
Phone 705.733.2006 Fax 705.733.2391
www.EZVitamins.com info@EZVitamins.com

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

Easy

Vitamins & Minerals

IRON

Soluble & Bioavailable
Organic non-binding Iron



Iron that's Easy to take!

THE ENERGY NUTRIENT

Iron deficiency is one of the most common nutrient deficiencies worldwide, because iron is difficult to get and absorb in the proper amount from diet alone. At certain times your body needs significantly more because of rapid growth (during adolescence), pregnancy, breast-feeding, or at times when there are very low levels of iron in the body (such as after bleeding).

The amount of iron in the human body is very small, a mere 3-5g. Though it's not much, every little bit is essential for life. After all, iron is responsible for transporting oxygen in the bloodstream. It transfers oxygen into cells and carbon dioxide out of cells, making iron indirectly essential for energy metabolism. This is why people with low iron diets tend to be fatigued.

Women are more likely to suffer from anemia and low blood-iron due to menstruation, pregnancy and breastfeeding taxing their iron stores.

Vegetarians and those who eat little red meat are at risk because red meat is the highest dietary source of iron. Seniors often require an iron supplement due to decreased nutrient absorption.

Supplementing the diet with quality forms of iron has been quite difficult. Many of the most bioavailable iron sources, cause severe digestive system irritation and constipation.

THE EASY SOLUTION

Most Iron supplements are in tablet form. Iron tablets first need to be broken down by your body before their iron becomes available for absorption. Tablets are held together tightly with binders and coated with substances to help them keep their shape. Due to the binders, fillers and coating, your body cannot easily get to the nutrients in tablets. As well, tablets usually use forms of iron that are not well absorbed by your body.

Easy Iron, on the other hand, is a soluble powder. It does not need to be broken down by your body before the iron can be released and absorbed. The iron is right there for your body to pick out and absorb through the gastric mucous lining, providing your body with a much larger surface area to volume ratio for easy absorption.

Easy Iron uses the most soluble and bioavailable form of Iron. This iron has been clinically tested and shown to be highly absorbable, stable against heat, salt, pH and oxidation, and is mild on the gastrointestinal system.

Easy Iron is ideal as a supplement for children, teens, women and the elderly. At times, all of these groups require additional iron at times. Easy Iron's high bioavailability and non-constipating properties allow everyone to take iron without having to worry about constipation, discomfort or absorption difficulties.

EASY IRON Q. & A.

Why is Easy Iron better ?

Other iron supplements are difficult to take, poorly absorbed and cause digestive problems and constipation. Easy Iron is tasteless, odourless and can be mixed in any non-carbonated drink or food without changing its taste. Easy Iron is highly absorbable and bioavailable, without causing constipation or digestive difficulties.

How do I take Easy Iron?

Easy Iron can be mixed in any non-carbonated drink (hot or cold). For best results, blend into water, juices, or any other non-caffeinated beverage and enjoy.

When do I take Easy Iron?

Take Easy Iron twice daily on an empty stomach.

Are there any allergens in Easy Iron?

Easy Iron contains no gluten, yeast, corn, wheat, sugar, salt, soy, starch, dairy, citrus, preservatives, colours or flavours.

How do I dose Easy Iron for children?

Please talk to your health practitioner prior to giving any iron supplement to children. Iron is vital to the health and proper growth of children, but too much iron can be detrimental to their health. Your health practitioner can best assess the optimal amount for your specific child.

Can I take Easy Iron while pregnant?

Yes. Iron is vital to the healthy development of your baby. Please ask your health practitioner how much Easy Iron is right for you.