



Iron liquid

INTRODUCED 2012

What Is It?

Iron liquid offers a convenient liquid iron formula with high bioavailability to support hemoglobin and myoglobin function.*

Uses For Iron liquid

Iron is an important component of hemoglobin in red blood cells and myoglobin in muscle cells where it is required for oxygen and carbon dioxide transport. Pure Encapsulations Iron liquid contains SunActive® Fe, a micronized water-soluble form of iron with high bioavailability. Research indicates SunActive® Fe iron pyrophosphate bioavailability is similar to ferrous sulfate. In a 16-week randomized, double-blind, placebo-controlled study involving 122 women, supplementation promoted healthy iron status, including hemoglobin, ferritin, and transferrin saturation. A blend of cranberry and blueberry fruit extracts offers antioxidant protection and synergistic microvascular support.*

What Is The Source?

Iron is sourced naturally from the lime of rock. Cranberry extract is derived from *Vaccinium macrocarpon* fruit. Wild blueberry extract is derived from *Vaccinium angustifolium* fruit. Natural vegetable glycerin is derived from coconut, palm and palm kernel oil. Maltodextrin is derived from corn. Polyglycerol esters are derived from palm and/or canola oil. Lecithin is derived from soy.

SunActive® Fe is a registered trademark of Taiyo International, Inc.

Recommendations

Pure Encapsulations recommends 1–2 servings per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Orally, iron can cause GI upset, abdominal pain, constipation or diarrhea, nausea or vomiting. GI adverse effects are uncommon at doses below the tolerable upper intake level (UL) of 45 mg per day. Consult your physician for more information.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Are There Any Potential Drug Interactions?

Iron supplementation can decrease the absorption of certain medications, including bisphosphonates, levodopa, levothyroxine, methyldopa, mycophenolate mofetil and certain antibiotics. Consult your physician for more information.

Iron liquid

each 5 ml (1 tsp) serving contains

iron (ferric pyrophosphate)	15 mg
CranBlue proprietary blend	30 mg
providing cranberry (<i>vaccinium macrocarpon</i>) extract (fruit) and wild blueberry (<i>vaccinium angustifolium</i>) extract (fruit)	

Contains soy

other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, natural pomegranate with other natural flavors, xanthan gum, maltodextrin, polyglycerol esters, soy lecithin, potassium sorbate.

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

For educational purposes only. Consult your physician for any health problems.

