



Easy Iron



Benefits

The ingredients in Easy Iron have been clinically proven to:

- Improve ferritin levels with once-daily dosing
- Absorb more easily than other forms of oral iron
- Be tolerable by many individuals sensitive to oral iron

How to Use

Take one (1) capsule daily with food or as recommended by a health care practitioner.

Formulation

- Iron as Ferrous fumarate - 100 mg
- Vitamin C - 125 mg
- Citric acid - 25 mg
- Bioperine - 5 mg

Anemia, Latent Iron Depletion

Anemia and latent iron depletion are conditions in which the body's iron supplies are below iron levels. With anemia, iron depletion is significant enough to impair the production of red blood cells. With latent iron depletion, red blood cell status is normal, but iron stores are low enough to contribute to relevant symptoms.



Top Symptoms of Iron Depletion Include:

- Fatigue
- Hair thinning
- Insomnia
- Muscle pain and poor exercising recovery
- Compromised cognitive function
- Depression
- Suboptimal thyroid function

Iron depletion is common amongst those with thyroid disease. By some estimates, as many as 84% of adults with chronic thyroid disease may experience symptoms because of it.¹

Treatment

A critical step in treatment of anemia is identifying the cause. This step must be taken with a health care practitioner.

Iron supplements are the first line approach to treating anemias. Dietary iron may help prevent the recurrence of anemia, but most find it is not sufficient to correct anemia.

Oral iron therapy can be ineffective if not used correctly or if not tolerated. Many do not take a high enough dose of iron to have a therapeutic effect. Of those who do, many do not tolerate iron well enough to remain compliant.

The formulation behind Easy Iron addresses both of these issues. The form of iron is highly concentrated, which allows for a lower dose of the iron complex.

Easy Iron also has cofactors that have been clinically proven to improve iron absorption and lower gastrointestinal side effects.

Thyroid Specific Formulations Ingredient Selection

In constructing Thyroid Specific Formulations, all ingredients considered must share the following properties.

Thyroid Safety

All considered ingredients must be natural compounds that have been safely consumed by humans for centuries. They must be generally recognized as safe (GRAS) by toxicologists. Finally, they must not contain unsafe levels of iodine.

Evidence and Efficacy

All considered ingredients must have high-quality evidence proving their efficacy. The best quality evidence is that which demonstrates significant positive outcomes on human subjects in multiple double-blinded controlled studies. These human subjects and the outcomes should be clinically relevant to the product's end-users.

Ingredients

Following is a complete discussion of the active ingredients. It includes their relevance to thyroid disease, mechanisms of action, and a review of supportive research.

Ferrous Fumarate

Ferrous Fumarate is an iron salt formed from the addition of iron to fumaric acid. Fumaric acid is a naturally occurring acid found in mushrooms. It is used in the mitochondrial Krebs cycle in the production of ATP.

Ferrous Fumarate has the advantage of being 33% elemental iron by weight. It is considered the form of oral iron closest to IV iron in efficacy.²

Vitamin C

Iron absorption and iron side effects relate to iron that is oxidized in the intestinal tract. When vitamin C is combined with iron, oxidation is reduced and oral iron is more effective. These benefits to vitamin C are likely most pronounced when it is combined with iron in the product as opposed to vitamin C from foods or from separate supplements.

When Ferrous Fumarate is combined with Vitamin C, its absorption may improve from 3% to as high as 27%.³

The specific combination of ferrous fumarate and Vitamin C have been shown to help female hair loss second to iron depletion.⁴

Citric Acid

Organic acids such as citric acid have been clinically proven to improve iron absorption 2-4 fold.⁵ This improvement can allow for lower doses to be more effective and therefore can help those prone to the side effects from high-dose iron.

Bioperine

Bioperine is a patented extract from black pepper. It has been clinically proven to enhance the absorption of several nutrients including iron.

In a human clinical trial, the addition of Bioperine allowed for a low dose of iron to be clinically effective at reversing anemia. In the study, iron was given at a dosage 20 times lower than average. Yet the addition of Bioperine allowed the low dose iron to reverse low hemoglobin levels in 56 days and reverse fatigue severity scores.⁶

Directions

1 capsule daily with food (30 Servings)

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid)	125mg	139%
Iron (as Ferrous Fumarate)	100mg	556%
Citric Acid	25mg	†
BioPerine® Black Pepper Fruit Extract	5mg	†

† Daily Value not established.

†† Daily Values based on a 2,000 calorie diet.

Other Ingredients: Gelatin (Capsule), Rice Flour, Magnesium Stearate. BioPerine® is a registered trademark of Sabinsa Corporation.



Does Not Contain

- Caffeine
- Stimulants
- Thyroid hormones
- Iodine
- GMO
- Gluten
- Dairy

Cautions

Warning: Accidental overdose of iron-containing products is a leading cause 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.

Timing

- TSF Supplements must be taken at least an hour after thyroid replacement medication.

Dosage Modification

- Those taking TSF supplements while on thyroid replacement medication (hypothyroidism, Hashimoto's) or thyroid suppression therapy (Graves' Disease) are advised to monitor thyroid levels closely. When thyroid antibodies reduce, some need decreases or other adjustments made to their medication.

Medication Interactions

- Interactions can occur with many nutraceutical ingredients and prescription medications. If you are on prescription medication, please check with your doctor or pharmacist for specific guidance.

Allergy Warning

- TSF products are contraindicated in individuals with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning

- If pregnant, nursing, an organ transplant recipient, or have multiple sclerosis, do not use TSF Products unless on the advice of and under the direct supervision of a health professional.



Side Effects

Vitamin C

- At doses in excess of 5000 mg vitamin C may cause loose stools, skin flushing, and heartburn.

Ferrous Fumarate

- Elemental iron can cause darkened stools, nausea, and constipation. Easy Iron is formulated to make these side effects milder and less common.

Citric Acid

- In doses exceeding 2000 mg daily, citric acid has been reported to cause heartburn. Easy Iron contains 25 mg of citric acid.

Black Pepper Fruit Extract

- Black pepper is safely used as a common seasoning. Low doses are generally well-tolerated by those without known allergic reactions.

References

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