



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# OptiFerin-C

INTRODUCED 2005

## What Is It?

Iron is an important component of hemoglobin, a protein in red blood cells that delivers oxygen to tissues throughout the body. It is also a part of myoglobin, a protein that helps muscle cells store oxygen, and ferritin, the body's main iron storage protein found in the intestines, liver and spleen. OptiFerin contains Ferrochel® iron bis-glycinate, a highly specialized iron amino acid chelate, combined with Ester-C® mineral ascorbates to enhance absorption.\*

## Uses For OptiFerin

**Supports Red Blood Cells, Hemoglobin, Myoglobin and Ferritin:** In a double blind, randomized, placebo-controlled trial, iron supplementation supported healthy ferritin levels and enhanced energy and well-being in female subjects. A recent report emphasizes the importance of maintaining healthy serum ferritin for optimal performance in elite female athletes. In another randomized trial, iron supplementation or a high iron diet supported mental health and moderated fatigue in women of childbearing age. Ester-C® mineral ascorbate is added to enhance intestinal absorption of iron. Ester-C® is a natural, water-soluble form of vitamin C that is distinguished by its unique chemical composition and biological activity. It is manufactured in an exclusive, water-based process that results in a mixture of naturally occurring vitamin C metabolites, including ascorbate, dehydroascorbate, and threonate. Vitamin C aids in the absorption of iron and the formation of red blood cells. Research indicates that vitamin C supports healthy hemoglobin levels.\*

## What Is The Source?

Ferrochel® brand iron bis-glycinate is developed using unique patented chemistry, allowing it to be absorbed

rapidly from the lumen of the intestines into mucosal cells and then released for transport throughout the body. The intestinal mucosal tissue tightly controls the release of Ferrochel, supporting the safety profile of this iron amino acid chelate. Ester-C® mineral ascorbates are manufactured from ascorbic acid, mineral oxides and mineral carbonates. The mineral oxides and carbonates are mined domestically. The ascorbic acid is derived from corn fermentation.

Ferrochel® amino acid chelate is a registered trademark of Albion Laboratories, Inc. U.S. Patents 4,830,716 and 4,599,152.

## Ester-C®

Ester-C® and the Ester-C® logo are registered trademarks of The Ester C Company. This product may be covered by one or more of the following U.S. patents: 4,822,816; 5,070,085; 6,878,744 and corresponding foreign patents. Other U.S. and foreign patents pending.

## Recommendations

Pure Encapsulations recommends 1–3 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

In some individuals, iron supplements may cause nausea, vomiting, constipation and black stools. One study indicated that iron bis-glycinate supplementation caused less bloating, nausea and constipation as compared to ferrous sulfate. Iron supplementation is not recommended for individuals with iron-loading anemias or hemochromatosis. 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.

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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.

## Are There Any Potential Drug Interactions?

Bile acid sequestrants, penicillamine, antacids and H2 receptor agonists may decrease the absorption of iron. Tetracycline and fluoroquinolone antibiotics bind to iron and may decrease the absorption of both medication and iron. Calcium, magnesium, manganese, zinc and phosphorus have also been reported to decrease iron absorption.

### OptiFerin

each vegetable capsule contains  v 2

iron (bis-glycinate) .....	28 mg
vitamin C (as ascorbyl palmitate) .....	10 mg
calcium ascorbate blend .....	130 mg
providing (typical):	
vitamin C (from calcium ascorbate) .....	100 mg
calcium (from calcium ascorbate) .....	11 mg
threonic acid .....	1 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

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— Your Trusted Source —

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