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Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Iron 25 mg bisglycinate + vitamin C, 100 capsules

Product number: VS2931



Price

Quantity	Unit price	Base price
To 1	€23.95	€342.14 / 1 Kilogramm
To 4	€22.75	€325.00 / 1 Kilogramm
From 5	€21.55	€307.86 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Well-tolerated iron in the form of iron bisglycinate

Each iron particle is powerfully bound to two (up to) molecules of the amino acid glycine (chelated). Amino acid chelate or amino-acid-chelated mineral is the general term for such a compound. The Greek term “chelate” means “claw”.

The choice fell on this form of compound because it is gentle on the stomach (which is not the case with most iron compounds) and its bioavailability is particularly high. In addition, the formula was extended with ascorbic acid (vitamin C) to further support iron uptake. The iron bisglycinate component of this product is Ferrochel®, a product of Albion Minerals, an expert in amino-acid minerals.

Albion Minerals

Vitals uses only genuine amino acid chelates from Albion Minerals, which can be recognised by the TRAACS® brand, which stands for The Real Amino Acid Chelate System. This brand serves to distinguish them from other amino acid chelates that may be inferior or unstable. Albion holds over 100 patents worldwide that secure the process, the science and the structure of its amino-acid-chelated minerals. Their minerals are also tested and a quality check is carried out for every batch produced. It is essential to verify that chelation has indeed taken place and that the bonds are sufficiently strong.

Benefits of amino-acid-chelated minerals

The chelate structure of an amino acid chelate such as magnesium bisglycinate is robust enough not to be broken down by stomach acid or digestive enzymes (unlike other mineral compounds), yet weak enough to release the mineral element once it has been taken up by the intestinal cells. The amino acids fold around the mineral element and protect it during digestion so that it cannot escape. The chelate also has a neutral electrical charge, meaning it does not adhere to food particles in the stomach and intestines. This allows the amino acid chelate to pass intact into the small intestine, where it is absorbed as a dipeptide (a compound of two amino acids). This brings great advantages, as the body can absorb amino acids – especially dipeptides – very easily, particularly when they consist of the smallest amino acid, glycine. Amino-acid-chelated minerals are therefore much better absorbed than other types of minerals. The amino-acid-chelated mineral reaches the epithelial tissue of the jejunum (middle section of the small intestine) by active transport into the mucosal cells, without competing with other minerals. Only within the mucosal cells do metabolic processes split off the glycine and the mineral, making them available to the various organs and systems in the body.

Role of iron in the body

As an essential trace element, iron is involved, among other things, in the formation of haemoglobin in red blood cells. It is therefore important for the transport of oxygen in the body. Through this participation in oxygen transport it contributes to the maintenance of normal cognitive function. Iron is also found in the so-called cytochromes. These are specialised enzymes that use iron as a cofactor and are involved in electron transport in the mitochondria. These enzymes are indispensable for the production of cellular energy in the form of ATP. In this way, iron plays an important role in energy metabolism and the maintenance of energy levels. Therefore, it can help reduce tiredness. In addition, because of its function in oxygen transport and energy metabolism, iron is required for the formation of new cells and tissues. It also has a positive effect on the immune system, as it may be involved in the production and regulation of certain immune cells and substances.

Nutritional benefits

- Iron contributes to normal cognitive function and to the reduction of tiredness and fatigue.
- Iron contributes to normal energy-yielding metabolism and to normal oxygen transport in the body.
- Iron contributes to the normal formation of red blood cells and haemoglobin.
- Iron contributes to the normal function of the immune system and has a role in cell division.
- Vitamin C increases iron absorption.

Nutritional information

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Micronutrients	per daily serving (1 capsule)
Vitamin C	200 mg (250 %*)
Iron	25 mg (179 %*)

*Reference intake according to Regulation (EU) No. 1169/2011
Ferrochel® is a patented amino acid chelate from Albion Minerals.

Ingredients

Rice flour (Oryza sativa), ascorbic acid, iron bisglycinate, plant capsule (pullulan, from fermented cassava starch), anti-caking agent (calcium salts of fatty acids).

Recommended use

Take 1 capsule per day with water between meals.

Manufacturer's advice

Patients with kidney disease should not take more than 200 mg vitamin C per day, among other reasons because of the risk of hyperoxalaemia (excessive oxalic acid concentration in the blood).
Keep out of reach of small children. A high intake of iron in small children can be toxic. If several capsules have been swallowed, contact a doctor immediately.
After opening, preferably use within 4 months.

Note from EnergyVital

25 mg per capsule is a substantial dose that should only be taken if you are certain you need it, e.g. following a laboratory test. For pure prophylaxis without clear evidence of a deficiency, we would recommend a more moderately dosed product up to 10 mg.

Storage instructions

Store in a cool, dry place protected from light (do not refrigerate).

Legal information

Do not exceed the recommended daily intake. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of small children.

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Product information

Application:	Women, Immune system
Dosage form:	In vegan capsules.
Micronutrients:	Iron, Vitamin C
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements

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