



# Health Matters

by  
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Iron is a mineral essential for many metabolic processes, but especially the production of hemoglobin, a protein in the red blood cells that transports oxygen throughout our bodies for proper muscle resilience, endocrine efficiency and immune function.

Iron deficiency is associated with chronic fatigue, frequent infection, as well as brittle hair and nails, cold hands and feet, poor sleep quality, irritability and muscle cramping. The most commonly prescribed iron is ferrous sulfate, a synthetic form that is poorly absorbed and often causes side effects such as nausea, GI irritation and constipation.

**Hema-Plex** is a precisely calibrated formulation of high-potency, natural-sourced iron along with vital nutritional co-factors that provide maximum absorption without gastric upset. Available in soft gels, chewable tablets and capsules, **Hema-Plex** is the most effective way to combat iron deficiency.

As always, we guarantee your satisfaction.

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