



Health Matters

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

Iron deficiency commonly causes chronic exhaustion and infection because lack of iron can impair metabolism and immunity, as well as cause brittle hair and nails, cold hands and feet, poor sleep, irritability, loss of concentration and even restless leg syndrome.

The iron most commonly prescribed is ferrous sulfate, a synthetic form poorly absorbed and often causing 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, chewables and capsules, **Hema-Plex** is the most effective way to combat iron deficiency.

As always, we guarantee your satisfaction.

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