

# IRON BESTRONG

essential biomineral

4 ounce

*HB*Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Iron and RO Water Twice Purified

## suggested use

One full dropper (4ml; a little more than  $\frac{3}{4}$  of a teaspoon) of Iron beStrong provides 11.1mg of iron.

Shake well before using. Sublingual (under the tongue) or add to a small amount of water. Hold in mouth 60 seconds before swallowing.

- Adults: 4ml (1 full dropper)
- Child 50-75lbs: 2ml (1/2 dropper)
- Child 30-50lbs: 1.3ml (1/3 dropper)

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

According to the US Centers For Disease Control (CDC), iron deficiency is the most common known form of nutritional deficiency, with its prevalence being highest among children and women of childbearing age, particularly pregnant women.

Iron deficiency may cause severe fatigue, body weakness, developmental delays, behavioral disturbances, and more. In pregnant women, iron deficiency increases the risk of both pre-term delivery and low birth-weight.

Severe iron deficiency may cause progressive skin ailments that cause brittleness of nails and extra smoothness in the tongue area. The body's metabolism can slow or even shut down as the enzymatic processes requiring iron and protein will not occur. Iron-deficient anemia is considered the most common global nutritional deficiency.

Iron is critical for producing hemoglobin, a protein that helps red blood cells deliver oxygen throughout your body. So without it, everything suffers. About two-thirds of the body's iron is found in hemoglobin.

Other health benefits of sufficient iron include prevention and reduction of anemia, chronic diseases, cough, pre-dialysis anemia, and many others.

Another of the major benefits of iron is increased brain development. Iron aids oxygen supply in the blood, and since the brain uses approximately 20% of the blood oxygen, sufficient iron levels are directly related to brain health and its functions.