

# Iron

Women, children and the elderly are especially vulnerable to Iron deficiency. Iron is essential for the production of haemoglobin, which transports oxygen to every cell of the body. Iron absorption from food can be problematic as other substances compete with it for absorption.

## Benefits:

- Crucial for the production of red blood cells which transport oxygen to every cell in the body.
- Women, children and the elderly are especially vulnerable to iron deficiency.
- Menstruating women may be in need of more iron. A decrease in energy levels is often a good sign. Buy Iron from one of our approved suppliers online now!