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ONCE A DAY

ONCE A DAY IRON PLUS LIQUID

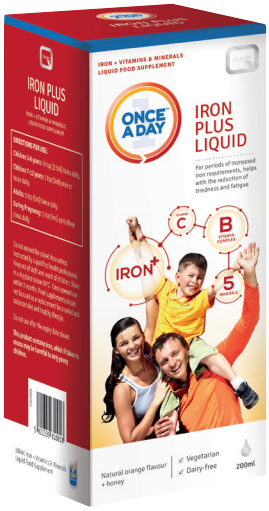
For periods of increased iron requirements, helps reduce tiredness and fatigue.

Nutritional Information

Each 10 ml provides:

			*%NRV
Iron	14 mg		100
Vitamin C	20 mg		25
Thiamin	8 mg		727
Riboflavin	2 mg		143
Niacin	16 mg	NE‡	100
Vitamin B6	4 mg		286
Folic acid	300 µg		150
Vitamin B12	10 µg		400
Pantothenic acid	4 mg		67
Calcium glycerophosphate	20 mg		2.5
Zinc	10 mg		100
Copper	500 µg		50
Manganese	0.5 mg		25
Iodine	80 µg		53
Lysine	80 mg		-

‡NE = Niacin Equivalent
*NRV = Nutrient Reference Values



- Synergistic formula providing iron with 14 supporting nutrients.
- Gentle on the stomach, with malt extract and honey.
- Ideal for use during menstruation, pregnancy and when experiencing fatigue.

DESCRIPTION

A liquid food supplement with iron, vitamin C, B vitamins and supporting minerals in a base of malt extract and honey. Once a Day Iron Plus liquid contains a range of supporting nutrients including vitamin C, B vitamins and minerals and is suited for use during periods of increased iron requirement, such as during menstruation or pregnancy. Women of child-bearing age have a higher risk of low iron levels due to blood loss during the menstrual cycle. Iron is important to normal cognitive development of children. Iron supplementation is also recommended to rectify and prevent iron deficiency anaemia in pregnancy.

THE IMPORTANCE OF IRON INTAKE

The main function of iron in the body is as an important constituent of haemoglobin within red blood cells. Haemoglobin carries oxygen around the body. Iron is also found in myoglobin (the haemoglobin equivalent found in muscles) and plays a role in energy releasing reactions in the body. Symptoms of iron deficiency include fatigue, light-headedness, weakness, pallor (paleness), and impairment in work capacity and intellectual performance and weakened immune system.

SYNERGISTIC & SUPPORTING NUTRIENTS

Iron is the main nutrient for haemoglobin, however there are many nutrients that are also required for the red blood cells and for the absorption of iron.

Vitamin C	Vitamin C is required to aid with the absorption of iron by preventing the formation of insoluble and unabsorbable iron compounds and ensures that the iron is taken up by the mucosal cells[1].
Thiamin	Thiamin is particularly beneficial with megaloblastic anaemia, where it is used as one of the main treatment forms[2]. Megaloblastic anaemia is when the body produces red blood cells that are too large, and are unable to function properly.
Riboflavin	Also known as vitamin B2, riboflavin is needed for the growth of red blood cells. It is also required for folate and vitamin B6 to be converted into their bioactive forms and used in red blood cell formation.
Niacin	Niacin has vasodilation properties, particularly benefiting the small capillaries and improving tissue oxygenation.
Vitamin B6	Vitamin B6 is required for the correct formation of the red blood cells and haemoglobin.
Folic acid	Folic acid is an integral part of red blood cells and a folate deficiency can cause folate deficiency anaemia. Folate deficiency can contribute to megaloblastic anaemia.
Pantothenic acid	Also known as vitamin B5, pantothenic acid is required for the creation of new red blood cells. A deficiency in pantothenic acid inhibits the creation of new erythrocytes.
Vitamin B12	Vitamin B12 works with folate for the production of healthy red blood cells and for the protection of abnormally sized red blood cells. Vitamin B12 and folate deficiency can cause identical effects on the red blood cells and therefore must always be taken together.
Calcium glycerophosphate	Calcium glycerophosphate helps to produce new blood cells and platelets in the body. Red blood cells rely on calcium dependent signalling for their maturation from precursor cells[4].
Copper	Copper works in balance with iron and aids with iron absorption. A copper deficiency may lead to microcytic and hypochromic anaemia[6].
Zinc	Zinc binds to haemoglobin and increases oxygen affinity[5].

Manganese	Manganese is highly concentrated in red blood cells and is required for TFR expression, which is the transportation of iron into the red blood cells[3].
Iodine	Iodine is an essential mineral for the creation of T4 thyroid hormone. Without it, thyroid function is impaired. Thyroid hormones play a huge role in the maturation of red blood cells. Decreased thyroid function can contribute towards anaemia.
Lysine	Lysine increases the intestinal absorption of iron making it an advisable addition to anyone with iron deficiency anaemia.

FEATURES

• With honey and malt extract • Great tasting natural orange flavour • Gentle synergistic formula • Made in the United Kingdom • Suitable for use from 3 years • Suitable for vegetarians

HOW TO USE ONCE A DAY IRON PLUS LIQUID

Directions for use:

Children 3-6 years: 5 ml daily. Can be given in two doses of 2.5 ml if preferred.

Children 7-12 years: 5 ml to 10 ml daily.

Adults: 10 ml daily.

During pregnancy: 5 ml to 15 ml daily*.

This product contains iron, which if taken in excess may be harmful to very young children.

*21 mg of iron may cause mild stomach upset in sensitive individuals.

HEALTH NEEDS

ENERGY

WOMEN'S HEALTH

PREGNANCY AND FERTILITY

CHILDREN'S HEALTH

SCIENTIFIC REFERENCES

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