

# Time Release Iron

## DESCRIPTION

Time Release Iron tablets, supplied by Douglas Laboratories®, are specially designed to provide 54 mg of carbonyl iron (Ferronyl®) per serving for a 6 to 8 hour period. Carbonyl iron is easily absorbed and has a low toxicity.

## FUNCTIONS

Iron is one of the most abundant metals in the universe. It is also one of the most useful in biochemical functions. In the human body, iron is present in all cells and has several vital functions -- as a carrier of oxygen to the tissues from the lungs in the form of hemoglobin (Hb), as a facilitator of oxygen use and storage in the muscles as myoglobin, as a transport medium for electrons within the cells in the form of cytochromes, and as an integral part of enzyme reactions in various tissues. Too little iron can interfere with these vital functions and lead to morbidity and mortality.

Low iron levels in the blood are the most common and most prevalent mineral deficiency. Iron deficiency can be a very difficult diagnosis, since the symptoms such as lethargy, tiredness and dizziness, are non-specific can be found in a variety of ailments. However, people who are most at risk, including menstruating and pregnant women, athletes, and vegetarians may have difficulty getting adequate iron supplies from their food sources alone.

## INDICATIONS

Time Release Iron tablets may be a useful dietary supplement for individuals wishing to supplement their diet with iron.

## FORMULA (#7962)

### Two Tablets Contains:

Iron (from Ferronyl®).....54 mg

## SUGGESTED USE

Adults take 2 tablets daily with meals or as directed by physician.

## SIDE EFFECTS

No adverse side effects reported

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Bendich A. Calcium supplementation and iron status of females. Nutrition 2001 Jan;17(1):46-51.
- Cupisti A, D'Alessandro C, Castrogiovanni S, Barale A, Morelli E. Nutrition survey in elite rhythmic gymnasts. J Sports Med Phys Fitness 2000 Dec;40(4):350-5.
- Oldenburg B, Koningsberger JC, Van Berge Henegouwen GP, Van Asbeck BS, Marx JJ. Iron and inflammatory bowel disease. Aliment Pharmacol Ther 2001 Apr;15(4):429-438.
- Pinero D, Jones B, Beard J. Variations in dietary iron alter behavior in developing rats. J Nutr 2001 Feb;131(2):311-

**These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440**