

OptiFerin-C

Supports red blood cell function and energy production[‡]

INDICATIONS

- Ages 4 and up

BENEFITS

- Promotes healthy ferritin, hemoglobin and red blood cell function[‡]
- Supports enhanced energy, well-being and athletic performance[‡]

FEATURES

- Contains researched and highly bioavailable Ferrochel[®] iron bis-glycinate combined with buffered vitamin C to help enhance the absorption of iron
- Clinically tested iron
- Made with hypoallergenic, vegan ingredients

VERIFIABLE SCIENCE

OptiFerin-C is an iron-based supplement formulated to support red blood cells in order to help effectively transport oxygen and ferritin in the body.

Ferrochel[®] brand iron bis-glycinate was developed using unique patented chemistry, allowing it to be absorbed rapidly from the lumen of the intestines into mucosal cells and then released for transport throughout the body.^{1,2} The intestinal mucosal tissue tightly controls the release of Ferrochel[®], supporting the safety profile of this iron amino acid chelate. In a double-blind, randomized, placebo-controlled trial, iron supplementation supported healthy ferritin levels as well as enhanced energy and well-being in female subjects.³ Research emphasizes the importance of maintaining healthy serum ferritin for optimal performance in elite female athletes.⁴ This formula includes buffered vitamin C (as calcium ascorbate) to help enhance the absorption of iron.^{5‡}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-3 times daily, with meals.

SUPPLEMENT FACTS

Each capsule contains

	Amt/svg	%DV
vitamin C (from calcium ascorbate)	100 mg	111%
calcium (from calcium ascorbate)	11 mg	1%
iron (as iron bis-glycinate)	28 mg	156%

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Ferrochel is a registered trademark of Albion Laboratories, Inc. Covered by U.S. Patent 7,838,042.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

WARNING

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

NOTES

- Capsule size 2
- Bottle count 60
- Order code OF26
- Bottle size 120 cc
- Gluten-free
- Hypoallergenic
- Vegan/Vegetarian
- Non-GMO[†]

REFERENCES

1. Ashmead HD. *Arch Latinoam Nutr.* 2001 Mar;51(1 Suppl 1):13-21.
2. García-Casal MN, Layrisse M. *Arch Latinoam Nutr.* 2001 Mar;51(1 Suppl 1):35-6.
3. Coplin M, et al. *Clin Ther.* 1991 Sep-Oct;13(5):606-12.
4. Fallon KE. *Clin J Sport Med.* 2004 May;14(3):145-52.
5. Olivares M, et al. *J Nutr.* 1997 Jul;127(7):1407-11.

[†]Visit PureEncapsulations.com for more information about our GMO policy

[‡]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.