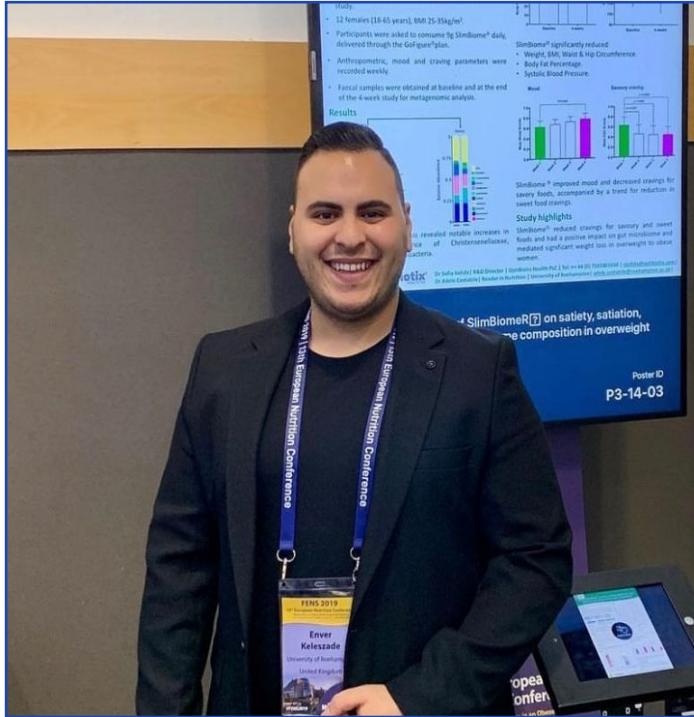




FerBoost

Bioavailable iron for iron deficiency
and a **source of important
nutrients**



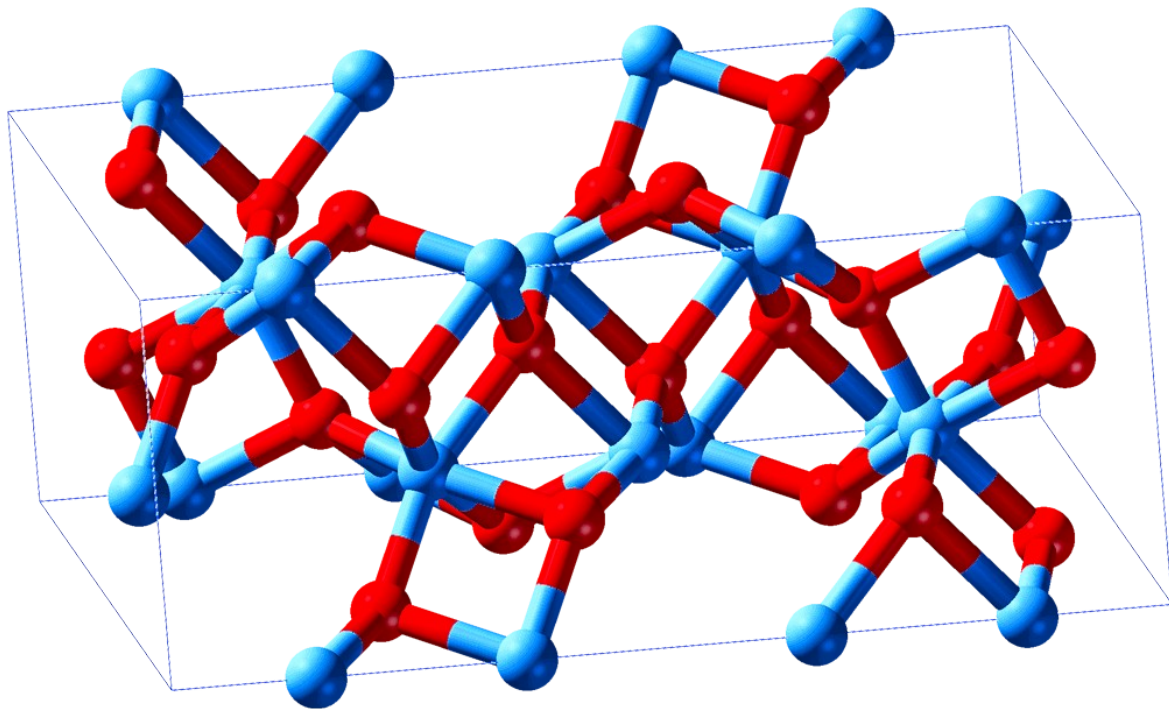


Dr. ENVER KELESZADE

BSc, MSc, PhD

- BSc in Nutrition, Exercise and Health at University of Plymouth, United Kingdom.
- MSc in Clinical Nutrition at the University of Roehampton, London, United Kingdom.
- PhD in Gut Health, Immunity and Metabolic Disorders at the University of Roehampton, London.

Iron is an essential micronutrient that supports the functioning of over a hundred proteins and enzymes in the body.



The main function of iron is to transport oxygen to all cells and tissues of the body.

Without it, oxygen deficiency is felt,

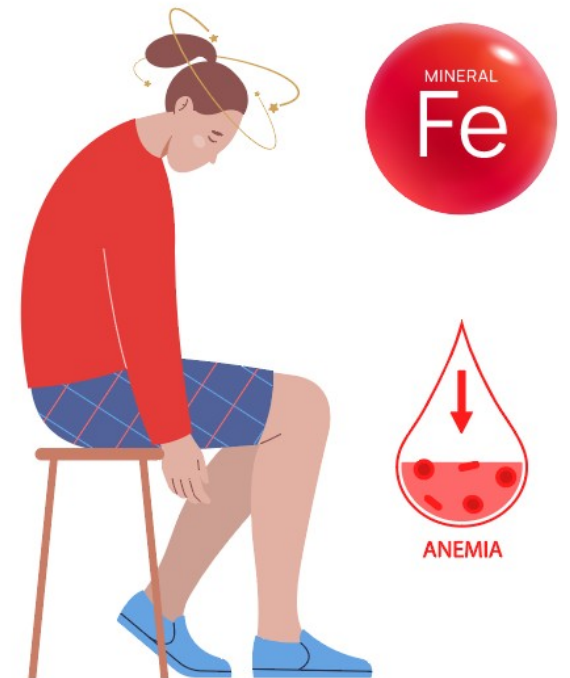
According to WHO, the most vulnerable groups for developing anaemia are pregnant women, women of reproductive age, children, and the elderly.

Approximately 500 - 600 million people have iron deficiency anaemia!

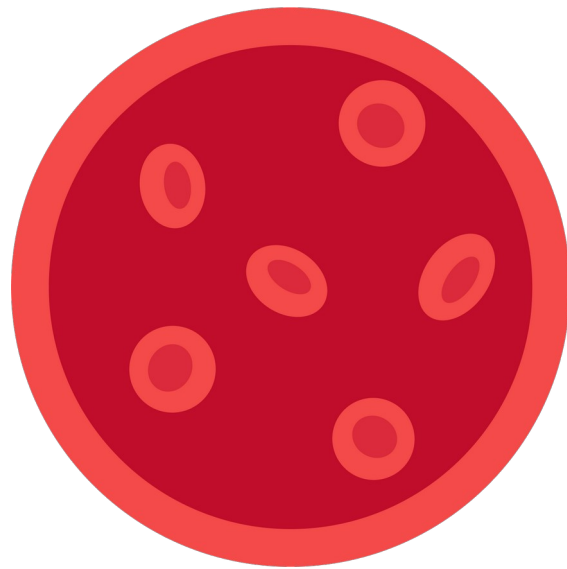
Symptoms of low haemoglobin

- **General weakness**, drowsiness, fatigue, and reduced energy levels
- **Loss of concentration** and alertness (due to decreased dopamine levels)
- **Forgetfulness and difficulty in finding words** (due to impaired myelination of nerve endings)
- **Tachycardia, fainting**
- **Specific taste and smell preferences**
- **Pale skin and mucous membranes** (due to reduced ability of red blood cells to transport oxygen)
- **Bluish lips** and **cracks** in the corners of the mouth
- **Skin becomes dry** and begins to peel
- In severe cases, **nails may become brittle** (concave and cross-striped) **and hair may fall out**
- Frequently **elevated platelet counts** in blood tests
- **Feeling cold in the extremities.**
- In children, **frequent illnesses** are the main sign of low hemoglobin.
- Excessive growth of **Candida, staphylococci** can occur, and there may be hormonal shifts.

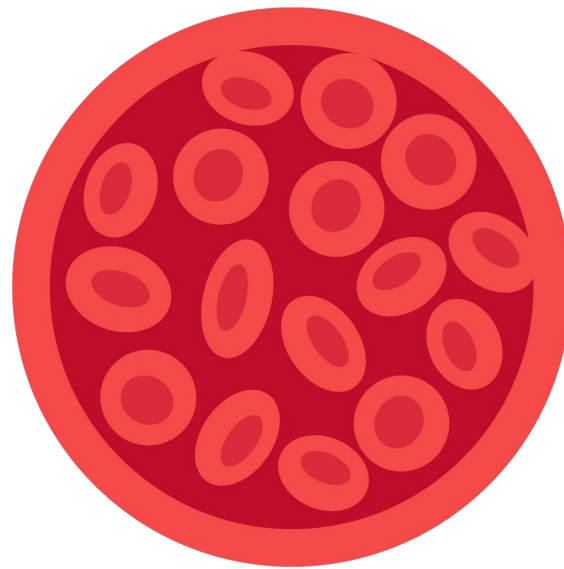
By recognising the symptoms of low haemoglobin in time, you can successfully bring it back to normal.



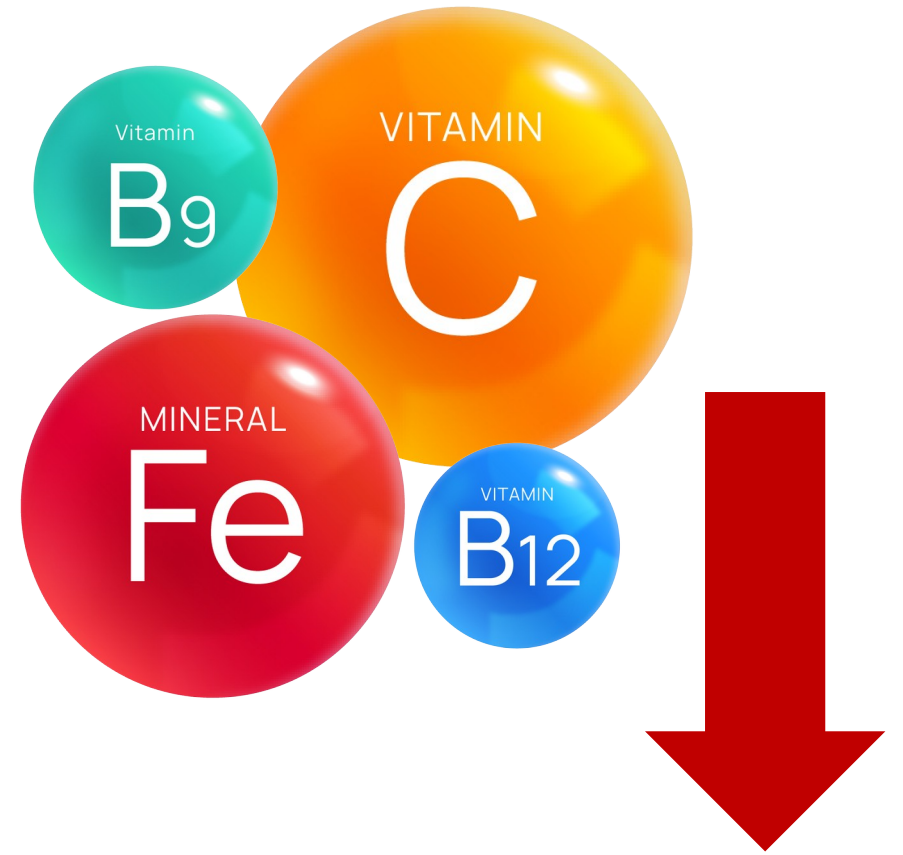
Several reasons affecting the
**decrease in haemoglobin
levels:**



Anaemia



Normal



- Iron deficiency
- Vitamin C deficiency
- Vitamin B12 deficiency
- Vitamin B9 deficiency

Causes of low iron levels:

- **Unbalanced diet** (if you do not eat animal products or if you fast for a long time)
- **Increased physiological need for iron** (during pregnancy and lactation)
- **Impaired iron absorption**, e.g. in inflammatory gastrointestinal diseases
- **Increased blood loss**
- Use of **non-steroidal anti-inflammatory drugs**

Additional causes of anaemia:

- Parasitic infection (such as tapeworms, roundworms, hookworms)
- Presence of heavy metals that can block the absorption of any iron.



Solution: SorbioDetox and ParaDetox.

How to increase haemoglobin? Take FerBoost

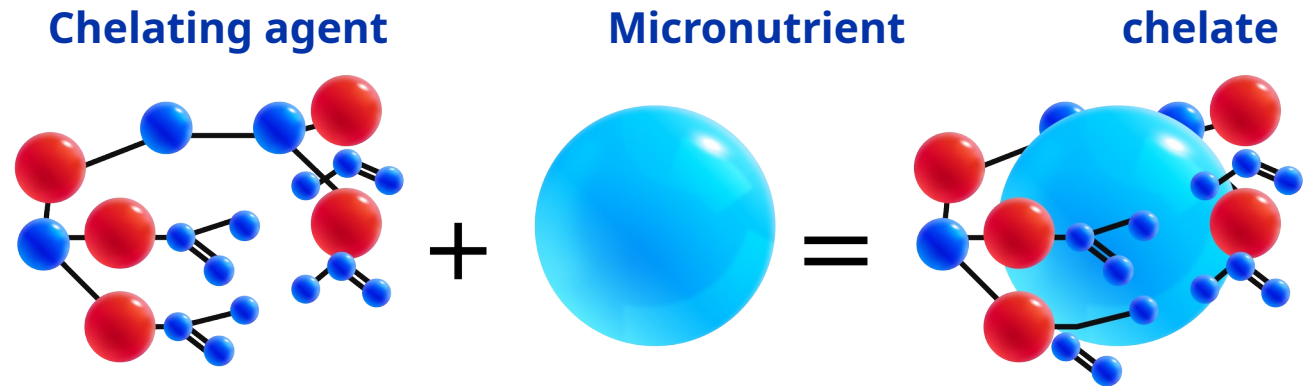
Composition:

- Iron bisglycinate chelate
- Chlorella
- Siberian fir cell sap
- Vitamins C, B9, B12



Iron bisglycinate chelate

Organic form of iron with glycine, which due to its chemical structure **is the most readily available form of iron.**



Chelates, chelate compounds from Latin chelate - claw

- Chelates do not require additional biochemical transformations, as they are already prepared for absorption by the body
- Chelated complexes **penetrate the intestinal wall more easily and are better absorbed** without disturbing the ionic and mineral balance of the cell.
- **The absence of contact between the** microelement and the **mucous membrane of the GI tract** minimises side effects.

Celiac disease is commonly associated with iron deficiency due to impaired absorption in the small intestine.
Iron bisglycinate chelate is a well-tolerated and highly bioavailable form of iron, making it a suitable option for individuals with celiac disease.

Even with increased bioavailability iron bisglycinate chelate is safe!

Absorption is controlled by the body's iron stores, with larger amounts usually absorbed by people with lower iron status.

How much iron can the body consume?

People with iron
deficiency anaemia

10%

or exactly as much as it
needs to compensate for
metabolic losses

People without iron
deficiency anaemia

90%

**One hour of moderate
physical exercise
increases the rate of iron
absorption by 40%.**

The bioavailability of iron bisglycinate chelate approaches 90-100%.*

* <https://pubmed.ncbi.nlm.nih.gov/11377130/>

Organic iron salts (acid-bound): citrates, orotates, gluconates and picolinate/peptonates – should be taken on an empty stomach, one hour before meals!

When iron is bound to amino acids (proteins), it has greater bioavailability. This type of iron can be taken with food or on an empty stomach, depending on how you feel.

Iron bisglycinate chelate has been shown to be **3-4 times better absorbed** than iron sulfate when taken with food, and it is gentler on the stomach (causing less constipation and gastric irritation) than iron sulfate, iron fumarate, and iron gluconate.



Our doctors usually prescribe iron sulfate in large quantities, around 300 mg, because sulfates and oxides are the least absorbable forms.

Out of these 300 mg, only about 30 mg will be absorbed, which is the same amount absorbed from just 30 mg of chelated iron.

FerBoost Composition

Siberian fir cell sap - is a unique source of bioavailable iron.

Contains:

Vitamins C, B1, B2, provitamin A and carotenoids, chlorophyll, flavonoids. and a wide variety of macro-and trace elements, including iron, zinc, magnesium, manganese, copper.



FerBoost
composition

Iron-maltol complex - a valuable component of cell sap of the fir tree

Maltol is a naturally occurring compound with antioxidant properties

- Forms a special complex with iron, which is easily absorbed in the gastrointestinal tract.
- The extract contains a complex with divalent iron.
- Rapidly enters the blood as part of proteins such as haemoglobin, myoglobin, and into the plasma membrane.
- It possesses bactericidal and antifungal properties.

At the same time, iron absorption occurs only when the body needs it.
The natural formula protects against excessive iron accumulation in tissues.



FerBoost
composition

Siberian fir cell sap properties

- Supports oxygen delivery and utilization
- Activates metabolism and has a regenerative effect.
- Increases physical and mental performance, enhances resistance to physical loads and psycho-emotional stress.
- Strengthens immunity and increases the body's resistance to various infections, stimulates interferon production.



- **Replenishes iron deficiency in the body, increases haemoglobin levels and ferritin.**
- Stimulates the detoxification function of the liver, reduces the effects of intoxication, including alcohol consumption and smoking.
- Normalises excessive accumulation of lactic acid in the blood.



FerBoost composition **Chlorella**

**It contains many vitamins
(A, B1, B2, B3, B6, B7, B9, B12, E, C, K) and iron.**

- Chlorella is rich in vitamin C, which is necessary for the body to absorb iron.
- Chlorella is a unique source of ingredients necessary for the proper functioning of the body and better iron absorption.
- Chlorella increases haemoglobin and red blood cell count.
- Chlorella cells are very rich in chlorophyll. It cleanses the blood and contributes to the formation of blood cells - red blood cells, which supply oxygen to the cells of the human body.

1 g of chlorella contains about 1.7 mg of iron and 2 µg vitamin B12.

We use bio-available micronised chlorella (open-walled, obtained through cell crushing technology).



For more on Chlorella, see: youtu.be/S2I6ozUsK1Q and [TUT](#).

FerBoost composition **Vitamin C**

- Is involved in the formation of haemoglobin in red blood cells, promotes iron absorption.
- Strengthens capillaries and cell membranes.
- Is essential for the formation of collagen, a protein of connective tissue.

Ascorbic acid not only converts trivalent iron into divalent iron, restoring it in chelate complexes, but also acts as a **powerful enhancer** of iron absorption in supplements and can **counteract the inhibitory effect of** substances such as tea, calcium, phosphate, phytates.

Taking vitamin C 280 mg per day with breakfast alone - **doubled the amount of iron absorbed** from food. Taking vitamin C **with each meal** will increase iron absorption **by 3 times**.



Without vitamin C, iron cannot be fully absorbed. Sometimes, with iron deficiency anaemia, the problem is not iron itself, but a vitamin C deficiency.

FerBoost
composition

Vitamin B9 and B12

It is important to get adequate amounts of B vitamins to absorb and utilise iron.

Iron, in turn, is necessary for the proper metabolism of B vitamins.

Symptomatology of B12 deficiency:

Numbness in the extremities (hands, feet), feeling as if you have "sat on" your leg/arm - i.e. tingling, unsteady gait, "brain fog", weakness, rapid fatigue, chronic fatigue. You may not be able to see all the half-moons on your fingernails, except for the little finger.



All the necessary vitamins are contained in a single capsule of FerBoost in an amount equal to 100% of the daily recommended intake.

Vitamins B9 and B12 are essential for the formation of red blood cells (erythrocytes), which contain haemoglobin - an iron-containing protein that transports oxygen throughout the body.

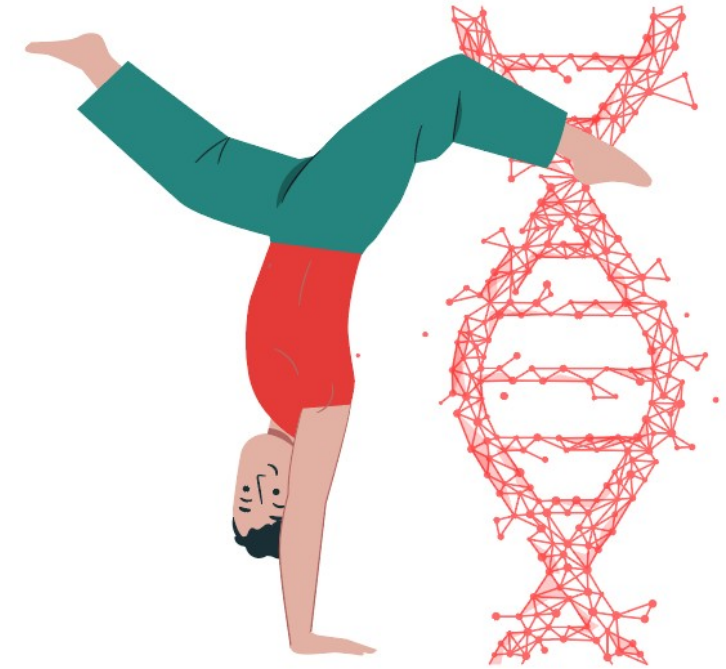
Functions of FerBoost



Eliminates iron deficiency



Enriches the body with vitamins, macro-micronutrients



Strengthens immune system stability