

## HERBAL IRON

To assist the body to assimilate naturally occurring iron and to provide an extra dietary supplemental source of organic iron. Herbal Iron provides a number of the co-factors needed including other augmenting minerals and nutrients to assist maximum availability and encourage the body to absorb and efficiently utilise iron.



NEW ZEALAND  
**Herbals**<sup>®</sup>

**McCAMMON  
(N.Z.)  
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# HERBAL IRON

A natural source of bio-available  
organic iron



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# IRON

Iron is an essential component of the central molecule of haemoglobin, the red blood cell, which carries energy - giving oxygen to your brain, muscles, bone and other vital organs. Individuals with insufficient healthy haemoglobin are often tired, depressed, have difficulty breathing, and have lacklustre skin and hair. Iron is an essential nutrient for all ages. Women need at least twice as much iron as men due to menstrual loss, and more than half of women in New Zealand have some degree of iron deficiency.

Iron in some ways is a difficult mineral to absorb without many co-factors present such as healthy thyroid and parathyroid glands, healthy liver for iron storage, vitamin C, vitamin B12, folic acid, calcium, cobalt, copper, chlorophyll, phosphorus and adequate amounts of stomach hydrochloric acid.

Children today are at risk of iron deficiency due to the rapid growth to adolescence. Pregnant women need extra iron, and also after the birth if there is excessive blood loss. Breast feeding mothers also have a need for extra iron. Strict vegetarians are also at risk as absorption is impaired by whole grains, soya and other products. An area seldom considered but remarkably common is the iron deficiency caused by various intestinal parasites such as hookworm, roundworms and pinworms, and some of the smaller less visible parasites. All these show clearly in the iris of the eye as black, grey or white "spokes" radiating out from the pupil termed "radii solaris".

NEW ZEALAND HERBALS "Herbal Iron " is rapidly absorbed, has no toxic side effects and has the advantage of containing the augmenting nutrients and co-factors that make it a quality supplement second to none. Many report almost instant effects.



## COMPONENT HERBS:

### **BLADDERWRACK: (FUCUS VESICULOSIS)**

Kelp contains all the minerals considered vital to maintaining health including good amounts of the nutrients necessary to assimilate Iron in the human physiology such as Organic Iron Iodine, Calcium, and the B complex vitamins. Its nearly 30 minerals and vitamins include Sulphur, Silicon, Phosphorus, Sodium, Potassium, Magnesium, Copper, Zinc, Manganese, Vitamins A, C, E, and K and small amounts of lecithin. Amongst its many medicinal properties are its benefits to the thyroid gland, its ability to absorb toxins from the bowel, soothe the digestive tract, and regulate colonic bacteria.

### **LICORICE ROOT: (GLYCYRRHIZA GLABRA)**

Licorice is one of the most studied of all plants. Containing biologically significant amounts of Iron, Chromium, Cobalt, Magnesium, Zinc, Niacin, Silicon and Sodium, B complex vitamins, Biotin, Pantothenic acid, Calcium, Phosphorus, Potassium, Protein, Thiamine and Vitamins A, C, and E. Over 50 times sweeter than sugar, it helps to reduce the sugar craving that often goes along with the symptoms of low iron, while providing, with its mineral salts and pantothenic acid, a natural support for the adrenal glands. Licorice root is a natural anti-inflammatory with emollient and soothing properties and acts along with its iron content to help sweeten, distribute and potentise the formula.

**NETTLE LEAF:** Nettle leaf contains high amounts of iron as well as many other nutrients including vitamin C which helps with the absorption of iron. Nettle also helps cleanse the blood and contains vitamin K which helps prevent excessive bleeding.

### **WITHANIA : (WITHANIA SOMNIFERA)**

Withania has long been used as a longevity tonic and immuno modulator in Ayurvedic or Indian medicine. A gentle nervine tonic it can be used for young and old alike

**CODONOPSIS:** Codonopsis helps increase vitality by improving blood flow and reducing platelet aggregation (sticky blood). Codonopsis also helps with the absorption of iron and improves the delivery of all other herbs in this formula.

**GINGER:** Ginger contains relatively high amounts of iron, as well as containing iron studies show that ginger helps with the absorption of iron leading to an increase in iron levels in patients with anaemia

**MALT:** A natural sweetening agent with some nutritional properties.

**MOLASSES :** Molasses has long been used as a traditional remedy for Iron deficiency and fatigue.

**MANUKA HONEY:** Honey is a natural sweetening agent that has many healing properties. New Zealand Manuka honey has been shown to be high in antibacterial and anti-inflammatory properties. The honey in the Herbal Iron formula along with the licorice, malt, molasses and glycerine helps to make the taste more pleasing.

**B VITAMINS:** B vitamins support the digestive and nervous systems, these systems are compromised in conditions of low iron.

**VITAMIN C:** Vitamin C is essential for the absorption of iron.

**INDICATIONS:** In all cases of iron deficiency. Fatigue, pallor, low resistance, pregnancy, after birth, irritability, difficult breathing etc. Especially helpful for the children and elderly.

**PRECAUTIONS:** Caution when there is severe systemic candida (thrush), and avoid in cases of diabetes and hypertension (high blood pressure). **Best to use with meals, not on an empty stomach.**

**DOSE AND METHOD:** Begin with 3 - 4 tablespoons with breakfast. ( some prefer to take it later in the day) More if needed. Continue this way for 1 - 3 weeks, and gradually cut back to 1 tablespoon per day. Patient usually knows how much they need after getting used to the formula. Seldom any more than three bottles are needed.