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## HERBAL IRON

**H**erbal Iron is a nutritional supplement designed to provide a natural source of iron in cases where dietary intake is lacking in iron quantities. In addition, other herbs have been added that assist the body to fully utilise the available iron.

This remedy is suitable for all cases of iron deficiency. Symptoms of such a deficiency may include: fatigue, pallor, low resistance, irritability and a difficulty to breathe. This remedy is especially helpful for the very young and the elderly.

New Zealand Herbals Herbal Iron formula is made from completely organic and pesticide-free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Bladderwrack (Kelp):** Kelp contains all the minerals considered to be vital to maintain a healthy body. It also provides a number of nutrients to help with the body's absorption of iron (as well as actual iron itself) – in fact a total of thirty minerals and vitamins can be found within kelp!  
Kelp is not only an excellent source of nutrition, it has been shown to provide benefits for the thyroid gland, the digestive tract, and to regulate colonic bacteria.
- **Glycerine:** Glycerine is a natural vegetable sugar with tonic properties.
- **Kumerahou:** Kumerahou is an indigenous plant of New Zealand and has traditionally been used by the Maori as a blood purifier and for use in wounds, skin disease and lung problems (such as asthma and bronchitis). It is a bitter herb and helps to promote the secretion of hydrochloric acid and other enzymes necessary to absorb kumerahou's high iron content.
- **Yellow Dock:** Renowned as one of the best blood builders in the herbal kingdom, this herb is a nutritive tonic which is very high in iron. It nourishes the spleen and liver and is therefore effective in treating iron deficiencies (such as anaemia, jaundice, lymphatic problems, and skin eruptions).
- **Withania:** Withania has long been used as a longevity tonic and immuno-modulator in Ayurvedic (Indian) medicine. It is a gentle nerve tonic and it can be used by young and old alike.
- **Malt:** A natural sweetener with some beneficial nutritional properties.
- **Molasses:** A traditional remedy for iron deficiencies and fatigue.
- **Manuka Honey:** Honey is a natural sweetener that has many healing properties. New Zealand's Manuka honey has been shown to be very high in anti-bacterial and anti-inflammatory properties.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels. However, it is added to this remedy to mask the taste of some of the bitter herbs which this remedy contains.

**PRECAUTIONS:** Do not use this remedy if you suffer from diabetes or high blood pressure, and use caution if you have thrush. Do not take this remedy on an empty stomach, it is best consumed with meals.

**Typical Dose:** Begin with three to four tablespoons with breakfast for the first one to three weeks, then gradually cut back to one tablespoon per day.