



Herbal Iron

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

BUILDS BLOOD IRON LEVELS WITH NATURE'S OWN BOTANICAL IRON SOURCES

One of the most important functions of iron in the body is in the production of hemoglobin and red blood cell oxygenation to move oxygen from the lungs, then throughout the body. Low blood oxygen levels cause a person to tire easily because the body is starved for oxygen.

Failure of the red blood cells to provide oxygen efficiently can cause breathlessness, weakness, tiring easily, fatigue, loss of appetite, constipation, headaches, difficulty concentrating, and coldness in feet and hands. Brittle hair, difficulty swallowing, digestive disturbances, dizziness, fragile bones, hair loss, inflammation of mouth tissues, spoon-shaped nails or nails with lengthwise ridges, nervousness, obesity, pallor, and slowed mental reactions can also be signs of iron deficiency.

Iron deficiency may come from poor digestion and/or absorption, poor utilization, internal bleeding, long-term illness, antacid use, menstruation with heavy or prolonged periods, and excessive use of coffee or tea. Strenuous exercise, liver distress, illness, medications, nutritional deficiencies, drug use, and hormonal disorders can deplete iron levels. Vegetarians typically eat less iron, as they eat less of an important type of iron that is found mainly in meats. Pregnant women, aspirin takers, those with parasitic infections, or digestive conditions that cause blood loss or malabsorption are also likely to be low in iron reserves. Vitamin B6 and B12 deficiency can underlie iron deficiency.

Since most iron deficiencies are caused by nutritional deficiencies, they can easily be overcome by nutritional supplemental support. However, most traditional iron supplements are made of synthesized iron that is hard on the body, and often cause constipation and digestive problems. (Ask anyone how they feel about their traditional iron supplement, and watch them shudder and make faces.)

This is where Cedar Bear Naturales® Herbal Iron comes in. It is not at all like other iron supplements. Herbal Iron is an effective iron absorption enhancer that tastes great and is gentle on the stomach. This formula is highly bio-available and is rich in naturally occurring iron factors and other iron supporting nutritional factors. It builds iron levels in the blood with botanical source iron. With high bio-absorption, it is extremely nutrient rich in tissue building mineral electrolytes with a mild non-stimulating diuretic action. Herbal Iron aids protein digestion, helps balance blood sugars, is good for wasting conditions and digestive weakness, and is high in calcium, iron, other major minerals, B vitamins and vitamin C factors. This formula helps to improve connective tissue structure, especially in leg veins, as well as speeding up the healing of wounds.

Burdock, mullein, nettles, beets and watercress are high in iron. The other herbs are high in a broad spectrum of minerals, including copper, a mineral that is necessary for iron absorption, and vitamin C, which enhances absorption of iron.

CONTAINS: Stinging nettle leaf, beet root, gotu kola leaf, couch grass rhizome, watercress leaf, parsley leaf, yellow dock root, mullein leaf, burdock root, and mB!™ Liquid Trace Minerals in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: Those on diuretic or kidney medications should consult their physician before using this formula.

SUGGESTED USE: 1/3–1/2 teaspoon (2–2.46 ml) 1 to 3 times daily, or as needed.

MORE ABOUT THE HERBS IN THIS FORMULA:

- Stinging Nettle Leaf (*Urtica dioica*) are one of the richest plant sources of mineral salts and are especially good for developing bones, muscles, nerves and skin. High in calcium, chromium, magnesium, manganese, zinc and iron, among other mineral constituents.

- Beet Root (*Beta vulgaris*) well known for being an excellent food source of iron, contains an effective protein-digesting enzyme precursor, has a high mineral content, and tonifies the tissues of the digestive system.

- Gotu Kola Leaf (*Centella asiatica*) An Ayurvedic herb that improves memory, improves cellular and connective tissue structure throughout the body, speeds wound healing. Has magnesium, manganese, thiamin, iron with other mineral compounds, and vitamin A and C.

- Couch Grass Rhizome (*Elymus repens*) soothes mucous membranes, has a mild diuretic action that aids in balancing essential mineral levels to enable better blood oxygenation, which facilitates iron utilization.

- Watercress Leaf (*Nasturtium officinale*) Contains iron sulfates (like that found in meats) and other major minerals, vitamins A, B1, B2, C and zinc.

- Parsley Leaf (*Petroselinum crispum*) Supports absorption of nutritional compounds in this formula. Especially supportive of the urinary system. Contains strong levels of calcium, iron, magnesium, potassium, and high levels of vitamins A and C.

- Yellow Dock Root (*Rumex crispus*) is an effective blood conditioner and toner. High in all major minerals, including iron and manganese, vitamins A and C. Especially supportive of the liver. Helps reduce iron deficiency through its blood conditioning effect.

- Mullein Leaf (*Verbascum thapsus*) Especially supportive of the respiratory system and all mucous membranes. Contains high levels of iron, magnesium, phosphorus, and other mineral components as well as vitamins A, C, and B.

- Burdock Root (*Arctium lappa*) is a blood cleansing and building herb that also has a soothing effect on the stomach. Especially high in iron with very high levels of most major minerals such as chromium, iron, magnesium, silicon, thiamine and B other vitamins.

- mB!™ is a proprietary micro-fractionated liquid trace mineral supplement that enriches and assists important enzymatic processes.

WORKS WELL WITH THESE CBN™ FORMULAS:

Adreno•Build™, Antioxidant Berries Plus™, Cholesto•Balance™, Daily Herbals™ for Your Blood Type, Digestive Build™, Enviro/Chem Detox™, Essiac Plus™, Gland•Aid™, Healing Mushrooms™, Herbal Minerals™, IFN Factor™, Thyro•Boost™, microBURST!™

Item #695 2 oz; #696 4 oz; #694 8 oz

Children: Item #755 2 oz; #756 4 oz

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