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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Iron Supplement**

**By Rolf Rasmusson**

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Iron supplement – why iron?

Why people need to use iron supplement? Well, there are many reasons. Iron is very important for our bodies and our health and when you do not get enough iron with your foods, the iron supplement comes to help. Iron is a very important mineral. It is an important component of proteins involved in oxygen transport and metabolism. Many trusted health organizations state that about 15 percent of your body's iron is stored for your body's future needs. That stored iron will be used when dietary intake is inadequate.

Iron supplement – when to use.

There are multiple reasons that may require you to use iron supplement. You will have enough iron in you body if you are controlling the amount of iron that you get from food. Meat, fish, and poultry contain iron in them. That iron is easily absorbed by your body. The iron that is stored in plants (for example lentils and beans) is not as easily absorbed by your body as iron from meat and fish. If you don't intake enough iron with you foods, the iron supplement will definitely help.

Iron supplement – recommended dietary allowance for iron.

The recommended dietary allowance is the amount of iron (in foods, iron supplement, or both) that nearly everyone's body needs to receive daily. That amount varies with age and gender. For example, males in the age group of 19 – 50 years need to intake 8 milligrams of iron and females in the same age group need to intake 18 milligrams. For women who are pregnant the recommended dietary allowance will be different.

Iron supplement - facts.

Before you start taking some type of iron supplement, make sure that an appropriate diet is not enough to increase the intake of iron. Also consult with a doctor to see that using iron supplements is right for

## Iron Supplement

you. Iron supplements may cause nausea, vomiting, constipation, diarrhea, abdominal distress, or other effects. If you use some type of iron supplement, make sure that you use the correct dose.

Additional interesting content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)

## Health Supplement

By Rolf Rasmusson

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Health Supplement - what is it?

So what is a health supplement? Health supplement is a term that means products made of one or more of the fundamental nutrients, for example vitamins or minerals and which is very beneficial for our health. It provides you with some specific (or a mix of) vitamins, minerals, herbs, botanicals, amino acids, metabolites, etc. Our health depends on the correct intake of these nutrients and if the diet doesn't work, some type of health supplement or supplements would be the answer.

Health Supplement - vitamins.

Many health supplements provide us with various vitamins. For example, vitamin A, vitamin D, and vitamin E. Vitamin A plays an important role in vision, bone growth, reproduction, and cell division and cell differentiation. Vitamin D maintains normal blood levels of calcium and phosphorus, helping to form and maintain strong bones. Vitamin E is a very powerful biological antioxidant, which plays a great role in preventing cell damage that may contribute to the development of cardiovascular disease and cancer.

Health Supplement - minerals.

Health supplements also provide us with various minerals. Minerals play a number of roles, like helping your body to use the energy from foods. For example, iron supplement provides your body with iron, which is an important component of proteins involved in oxygen transport and metabolism. Calcium supplement provides us with calcium, which is critical for transmission of nerve impulses, regulation of the heartbeat, clotting of blood, and building and maintaining healthy bones.

Health supplement - be careful.

Before you start taking some type of health supplement, make sure that an appropriate diet is not enough to increase the intake of some minerals or vitamins. Consult with a doctor to see that using supplements is right for you. Some supplements may have side effects.

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