

IRON + VITAMIN C

THE POWERFUL PARTNERS FOR HEALTHY BLOOD & ENERGY



IRON

Essential for red blood-cell production, oxygen transport, energy, and immune function.



VITAMIN C

Greatly increases absorption of non-heme iron from plants and supplements.



VITAMIN C ENHANCES IRON ABSORPTION

Iron + Vitamin C =
Better Absorption, Better Results



LOW IRON / ANEMIA

Low iron can cause fatigue, weakness, and shortness of breath.



FOCUS ON:

IRON-RICH FOODS

Red meat, lentils, beans, spinach, pumpkin seeds



PAIR WITH VITAMIN C

Citrus, berries, kiwi, bell peppers, broccoli



SUPPLEMENTS

Iron supplements work best with vitamin C



Too little
or too much
iron can
cause harm.

**FIND YOUR
BEST BALANCE.**



HIGH IRON / HEMOCHROMATOSIS

Too much iron can cause damage to organs and increase inflammation.



FOCUS ON:

LIMIT HIGH-IRON FOODS

Red meat, organ meats, and iron-ionized foods



AVOID TEA & COFFEE

Polyphenols can reduce iron absorption



AVOID ALCOHOL EXCESS

Alcohol increases iron absorption and liver buildup

SUPPORT DETOX & BALANCE

Stay hydrated, eat fruits and vegetables, and follow your healthcare provider's guidance.

OPTIMAL IRON LEVELS CAN HELP:

Improve energy
Support immunity
Enhance focus & mood
Support heart & liver health

BALANCE IS EVERYTHING

Personalized testing, diet, and lifestyle guidance for your best balance.



IRON IS ESSENTIAL—BUT BALANCE IS EVERYTHING.

I CAN HELP YOU FIND **YOUR BEST BALANCE.**