



IRON DEFICIENCY ANEMIA

Nutritional Support Protocol

Lifestyle Recommendations:

1. Do not take thyroid medication or any medications with your iron supplement.
2. Take your iron supplement with a meal.
3. Avoid antacids.
4. Be aware that excessive sweating and endurance exercise increases iron needs.

Dietary Recommendations:

1. Protein foods contain the most iron followed by green leafy vegetables, so be sure to eat adequate protein at every meal and green vegetables daily. Consume iron rich foods with protein foods to enhance iron absorption.
2. Eat 3 meals daily. Do not skip meals.
3. Include the following high iron foods into your regular diet: steak, hamburger, red kidney beans (chili), spinach, collard greens, mustard greens, dark green salad.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/ or from the results of your most recent Designs for Health Metabolic Profile:

Ferrochel Iron Chelate:	1 to 2 capsules daily
Ultra B12-Folate:	1 to 2 capsules daily

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.