



Heme Iron

**PREMIUM IRON YOUR BODY
NATURALLY RECOGNIZES**

Heme Iron

Polypeptide · 11 mg

The Most Bioavailable Iron
for Best Absorption

**Prevents Iron-deficiency
Anemia and Associated
Tiredness and Fatigue**

Gentle on the Stomach



NPN 80061737



Made in
Canada

60

Vegetable Caps

ISO 17025–Accredited Laboratory-Tested

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Polypeptide · 11 mg

Bovine · BSE-Free

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WHAT MAKES HEME

IRON DIFFERENT?

Due to its bovine or porcine origins, highly bioavailable Heme Iron is naturally recognized and used by the human body to help maintain healthy iron levels and support the formation of hemoglobin—the oxygen-carrying component of red blood cells.

New Roots Herbal's Heme Iron is formulated with complementary nutrients such as vitamin C, folate, and vitamin B₁₂, which further enhance intestinal absorption and support hemoglobin synthesis.

UNDERSTANDING

IRON DEFICIENCY

Iron deficiency causes a form of anemia, leading to low levels of red blood cells.

Groups at higher risk include:

- ✓ Menstruating women
- ✓ Vegetarians and vegans
- ✓ People with celiac or inflammatory bowel disease
- ✓ Those with gastrointestinal bleeding or nutrient malabsorption
- ✓ Frequent blood donors

Think your iron might be low? Talk to your doctor about a blood test.

SIGNS AND SYMPTOMS OF IRON DEFICIENCY

- ✓ Dizziness or light-headedness
- ✓ Mental fog or trouble focusing
- ✓ Shortness of breath during daily activities
- ✓ Tiredness even after a full night's sleep
- ✓ Cold hands and feet
- ✓ Pale skin or pale gums

KNOW YOUR NUMBERS

Group	Typical Blood Iron Levels
Adult Men (19 yrs+)	≈ 75–150 µg/dL (13-27 µmol/L)
Adult Women (19 yrs+)	≈ 60–140 µg/dL (11-25 µmol/L)

DID YOU KNOW?

You can have your iron levels tested when you donate blood.

Blood donation centres—like Héma-Québec and Canadian Blood Services (CBS)—check your levels to ensure they're high enough for donation, meaning you can support your own health and help save a life.

Reference: Héma-Québec / Canadian Blood Services general donation guidelines.

Values are for general information only and may vary by testing laboratory. Always consult your health-care practitioner for interpretation of results.



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Heme Iron

Each vegetable capsule contains:

Vitamin C (ascorbic acid)	90 mg
Iron (heme iron polypeptide, from domestic pig [<i>Sus scrofa</i>] hemoglobin)	11 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg

Other ingredients:

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use:

Adults: Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

Duration of use:

Consult a health-care practitioner for use beyond 7 weeks.

V0514-R2 · NPN 80061737

Heme Iron (Bovine)

Each vegetable capsule contains:

Iron (heme iron polypeptide, from bovine hemoglobin)	11 mg
Vitamin C (ascorbic acid)	90 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg

From cattle free of hormones and bovine spongiform encephalopathy (BSE).

Other ingredients:

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use:

Adults: Take 3 capsules once daily with a full glass of water and with food or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

V0691-R1 · NPN 80093863

- **Manufactured in Canada in a certified cGMP (Current Good Manufacturing Practices) facility.**
- **All ingredients and finished products are tested for quality and safety in an ISO 17025-accredited laboratory.**

To ensure these products are right for you,
always read and follow the label.

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