

Health Solutions Technology

Devoted to your health and wellbeing... naturally

Frequently Asked Questions: Colloidal Iron

Q. What is in your Colloidal Iron?

99.99% pure iron nano particles suspended in ultra pure distilled water

- 100% Natural
- No Sweeteners
- No Artificial Flavour
- No Artificial Colour
- No Preservatives
- No Additives
- Yeast Free
- Readily Absorbable
- Fast Acting
- Designed not to clog up your system, i.e. does not cause constipation.

Q. What is the Role of Iron in the Human Body?

Iron holds extremely important value to the human body. Quite simply it assists in the formation of red blood cells and is a transporter of oxygen to every cell, providing the necessary burst of energy we all need to help us through our daily tasks.

Iron also assists the memory and the ability to concentrate and can help improve the state of healthy activity and mood.

Q. Who can most benefit from Colloidal Iron?

- Menstruating Women (especially Teenagers)
- Pregnant Women
- Lactating Mothers
- Strict Vegetarians and Vegans
- Elderly People (with increasing age, iron deficiency becomes more and more common in both men and women).

Q. What causes Iron deficiency?

Iron deficiency is the most common single nutrient deficiency in the developed world, and is the most common cause of anaemia.

Nutritional studies continue to find iron deficiency common in menstruating women and dietary need is known to be increased in pregnancy.

Several experimental studies on both humans and animals have proven that Iron deficiency is associated with diminished work capacity, however not only physical work.

Iron deficiency has also been shown to affect mental activity and efficiency. Additionally, lack of iron can lead to a general run-down feeling, anaemia, colds, flu, headaches, acute infections, dizziness and shortness of breath during periods of exertion such as exercise.

Iron deficiency occurs over a very long time (2-3 years!) before anemia becomes obvious from blood testing and it is vital to detect this deficiency before the symptoms appear. By the time the visible symptoms stage has been reached, a person is grossly depleted of iron stores.

A low hemoglobin level detected in the blood test is a sure sign that iron loss has been going on for a long time and indicates advanced iron depletion throughout the body.

Q. Where is Iron Stored?

Most well-nourished people in industrialised countries have 3-4 grams of iron in their bodies. Of this, about 2.5 g is contained in the hemoglobin needed to carry oxygen through the blood. Another 400 mg is devoted to

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cellular proteins that use iron for important cellular processes like storing oxygen (myoglobin), or performing energy-producing redox reactions (cytochromes). 3-4 mg circulates through the plasma, bound to transferrin.

Some iron in the body is stored. Physiologically, most stored iron is bound by ferritin molecules; the largest amount of ferritin-bound iron is found in cells of the liver hepatocytes, the bone marrow and the spleen. The liver's stores of ferritin are the primary physiologic source of reserve iron in the body.

Macrophages of the reticuloendothelial system store iron as part of the process of breaking down and processing hemoglobin from engulfed red blood cells.

Iron is also stored as a pigment called hemosiderin in an apparently pathologic process. This molecule appears to be mainly the result of cell damage. It is often found engulfed by macrophages that are scavenging regions of damage. It can also be found among people with iron overload due to frequent blood cell destruction and transfusions.

Men tend to have more stored iron than women, particularly women who must use their stores to compensate for iron lost through menstruation, pregnancy or lactation.

Q. What is the shelf life of Colloidal Iron?

Colloids made from non-noble metals such as iron have a limited shelf life, typically 4 to 6 months, once the bottle is opened. Air, which includes oxygen, enters the bottle when it is opened. The oxygen will cause the metal nanoparticles to slowly oxidise converting them into their ionic state. For this reason, it is best to purchase a bottle size that you would expect to consume in 4 months or less.

Q. How do I store Colloidal Iron?

Store away from sunlight and strong electrical fields. This product does not require refrigeration. Do not freeze.

Health Technology Solution's Colloidal Iron can be purchased from our online store at www.healthsolutionstechnology.com.au and is available in 125ml dropper or spray head bottles, and 200ml refill bottles.