



What's new with Naturokinetics®?

Naturokinetics® is a cornerstone of product development at Protocol For Life Balance®. Therefore, when research is available on the bioavailability of one of our flagship ingredients (Ferrochel™), we want to share it with you so you can best advise your patients on how to take our products to ensure the greatest efficacy.



Bioactive Compound

Ferrochel™ : Ferrous bisglycinate

- 180 mg ferrous bisglycinate provides 36 mg elemental iron



Bioavailable Compound^{1†}

- Ferrochel™ is 100% soluble in water at pH 2 and pH 6, indicating that the iron is absorbed in the duodenum and in other parts of the small intestine.
- Ferrochel™ is better absorbed than inorganic forms of iron.
- Ferrochel™ is well tolerated and its toxicity is lower than that of inorganic iron salts.
- Regular coffee has no effect on iron absorption; however, **espresso and tea (1.6 g tea leaves) reduce Ferrochel™ iron absorption by 50%.**
- Corn or wheat-based breakfasts with either Ferrochel™ or iron sulfate showed that Ferrochel™ had **2x the bioavailability** in both meals compared to iron sulfate.
- A phytate-rich meal may reduce iron absorption; however, Ferrochel™ is impacted less than iron sulfate.

†Results from a clinical study performed in healthy adults, (n= 74), age 15–50 years old, 18 men and 56 women (including 40 postmenopausal), from Valencia (Carabobo State, Venezuela). Each volunteer received test breakfasts using corn flour or wheat flour enriched with Ferrochel™ or iron sulfate.

At Protocol For Life Balance®, we believe that offering the best possible ingredients gives practitioners the ability to recommend products that are both innovative and effective. Ferrochel™ is a unique proprietary form of iron that has demonstrated higher bioavailability when compared to inorganic forms of iron. However, phytate-rich meals, espresso and tea may reduce iron absorption even when using Ferrochel™. To optimize our product's efficacy, it is recommended not to take it with these foods or beverages. Regular coffee will not affect our product's efficacy.



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Reference:
1. Layrisse M, García-Casal MaN, Solano L, et al. The Journal of nutrition. 2000;130(9):2195-2199.