



vitafusion™

THE IMPORTANCE OF IRON

Did you know iron is the second most abundant mineral in the world? In fact, iron is an essential mineral that we all need and plays an important role in health.* While our bodies only contain about 4.5 g of iron, it is an incredibly powerful mineral that is essential for life.

WHAT DOES IRON DO FOR THE BODY?

Iron is necessary for your body to be healthy.* Iron supports red blood cell production, which is important as your red blood cells bring oxygen all around your body.* Iron is also an essential mineral for women's health.*

HOW MUCH IRON DO I NEED?

Men and women have different recommended dietary intakes for iron:

- For **men** over 19 years old, the Recommended Dietary Allowance (RDA) is 8 mg of iron per day.
- For **women** ages 19-50 years, the RDA is 18 mg of iron per day. Pregnant women should increase iron needs during pregnancy to 27 mg of iron per day. Postmenopausal women 51+ should have 8 mg of iron per day.

WHAT FOODS CONTAIN IRON?

Surprisingly, iron is found in a wide variety of foods! Consider these iron-rich options:

Food	Serving Size	Amount of Iron (mg)
Oysters, steamed	3 oz, cooked	5
Plant-based meat substitute†	1 patty	4-5
Breakfast cereals, iron-fortified	1 ounce	3.6-18
Spinach, cooked	1/2 cup	3.2
Lentils	1/2 cup	3
Beef, hamburger patty	3 ounce	2
Chuck steak	3 oz, cooked	2
White beans	1/2 cup	2.1
Kidney beans	1/2 cup	1.9
Chickpeas	1/2 cup	1.8
Tofu, firm	3 ounce	1.4
Apricots, dried	40 g	1.1



vitaFusion™ iron supplement:

If you're looking for a delicious iron supplement with a gentle dose of iron, look no further! vitaFusion™ iron supplements allow you to boost your iron intake with delicious guava-hibiscus flavored gummies. And each vitaFusion™ iron gummy serving provides an excellent source of iron—it's one you'll look forward to taking!

Brought to you by the **vitaFusion™** nutrition experts

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.**