Ferroguna

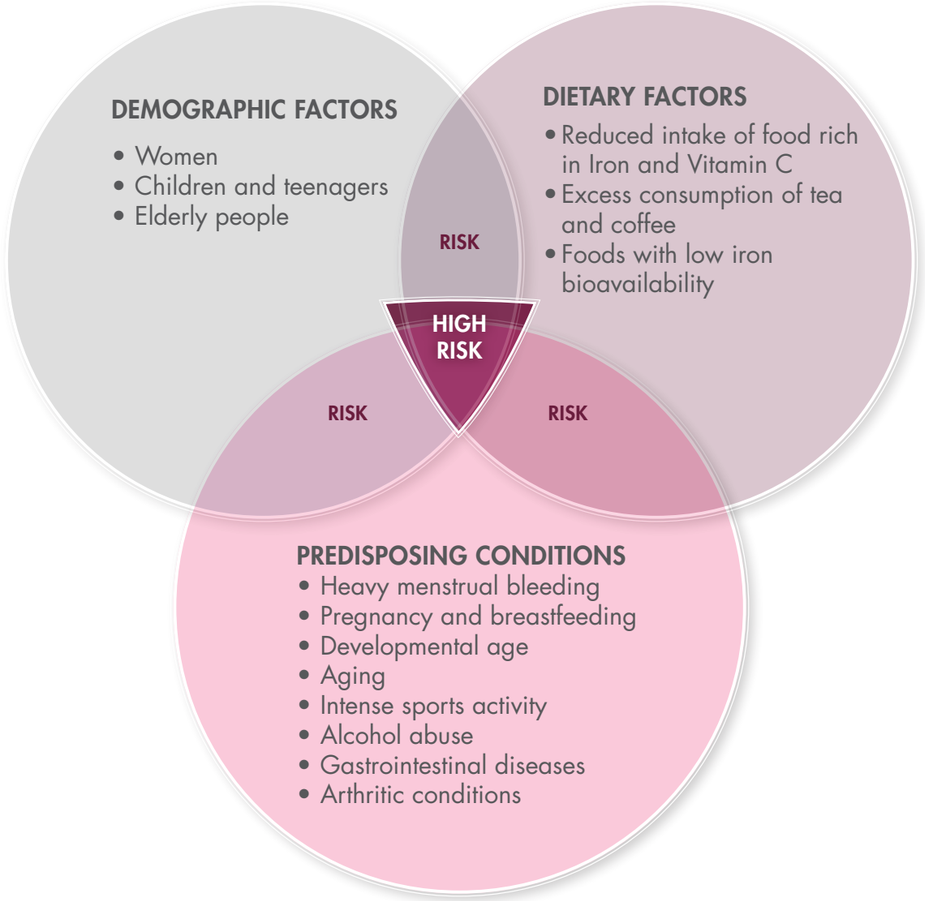
FOOD SUPPLEMENT

BALANCED SOLUTION AGAINST IRON DEFICIENCY

guna
healthy lifestyle

Iron deficiency

Iron deficiency is the most common mineral deficiency in the human species. It mainly affects **women**, particularly **20 to 30% of fertile female population**.
Children, **teenagers** and the **elderly** are also at high risk of deficiency.



The daily Nutrient Reference Values (NRV) of iron, which must be taken in highly bioavailable form for the body (**ferrous form, Fe^{2+}**), **vary according to age and physiological conditions: the daily needs of iron range from 5 mg/day in early childhood to 10 mg/day in adulthood up to 27 mg/day during pregnancy**[1-2].

Due to the presence of one or more risk factors, or to an increased loss or increased need, **the daily intake and absorption** of iron may be insufficient, leading to a condition of iron deficiency which may result in:

- **Anaemia**
- **Sense of exhaustion**
- **Chronic fatigue**
- **Reduced concentration**
- **Headache**
- **Insomnia**
- **Pale skin**
- **Muscle disorders**
- **Appearance of small ulcers in the corners of the mouth**
- **Burning tongue sensation and altered sense of taste**
- **Frail nails and hair**

Ferroguna - Orodispersible food supplement

Why **Ferroguna**

- **It promotes the production of haemoglobin,** and contributes **to the reduction of tiredeness and fatigue, by providing 100% of the daily Iron needs** in a highly absorbable form.
- It improves the **bioavailability of Iron** thanks to the presence of **Vitamin C,** that **promotes Iron absorption,** and **Copper,** that contributes to the **Iron transport in the body**.
- It is an optimal Iron supplementation during **pregnancy**, being compatible with the specific levels of daily Nutrient Reference Values[1].
- **It melts directly in the mouth** without water and is rapidly absorbed. Thanks to its high palatability and tolerability, **Ferroguna is well tolerated at gastrointestinal level.**

Ferroguna - Ingredients

IRON FUMARATE: **1 sachet** of **Ferroguna** contains **14 mg of Iron Fumarate in ionic ferrous form** with a high bioavailability of 30-35%, compared to other sources (bioavailability of 5-20%): 1 sachet of **Ferroguna** releases in the blood about **5 mg of Iron** available for absorption, thus meeting the average daily needs of the organism.[3-4]

VITAMIN C (Ascorbic acid): **1 sachet** of **Ferroguna** provides a well-balanced amount of Vitamin C, necessary for Iron absorption and utilization. This vitamin is essential for haematopoiesis: it promotes the incorporation of Iron into haemoglobin and its transport through transferrin. Several studies confirm that Iron **absorption increases by up to 30%** when associated to Vitamin C.[5]

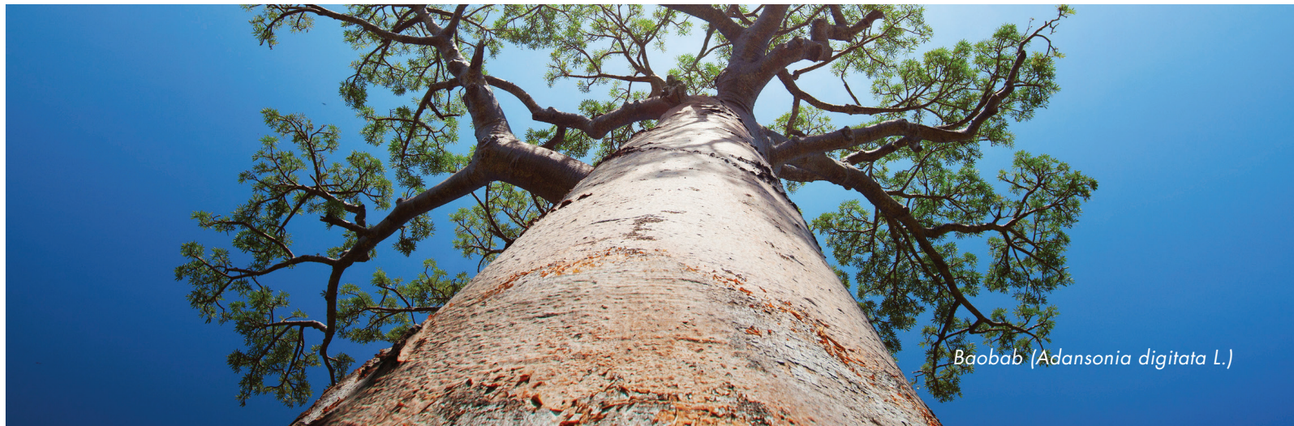
COPPER: it is an important cofactor for several enzymes involved in Iron metabolism. **Its presence, along with the one of Vitamin C, is required** for an optimal Iron absorption and transport in the body.[6]

BAOBAB (dried fruit pulp) - *organic certified, GMO-free:* thanks to the pharmaceutical technology used to produce **Ferroguna**, the phytotherapeutic properties of Baobab are fully preserved. Some studies show that a daily intake of Baobab fruit pulp:[7-8-9-10-11-12]

- **Increases haemoglobin concentration**
- **Improves the Iron cellular stores**

(Controlled study on 300 children aged between 6 and 8 years.[10])

Baobab fruit pulp has supportive and restorative properties, helps the natural immune response[11] and promotes intestinal regularity.[12]


Baobab (Adansonia digitata L.)

Efficacy and tolerability of **Ferroguna** *versus* **Iron sulfate** in the treatment of Iron deficiency anaemia in pregnancy

A. Roncuzzi, M. Cazzaniga, G. Pretolani, P. Tarantini, L. Luraschi, G. Tisi, R. Roncuzzi, L. Miliffi, R. Chionna, T. Benedetti, R. Pasin, R. Garbelli.

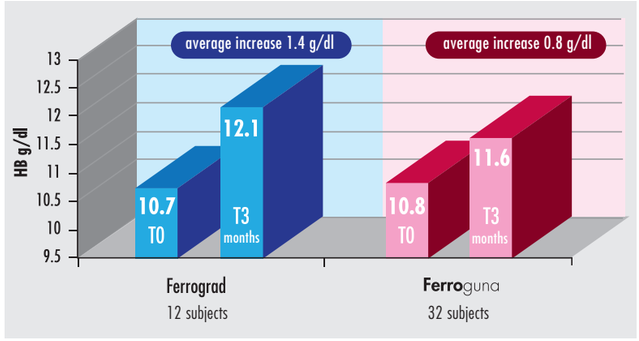
Giornale Italiano di Ostetricia e Ginecologia Vol.XXXIV - n.6 Novembre-Dicembre 2012 - (Italian Journal of Obstetrics and Gynecology) November-December 2012

This multicenter, open, randomized, parallel-group controlled clinical trial was conducted in Italy on 49 patients aged over 18 years, pregnant over week 12, enrolled according to well-defined criteria. These women have been treated for 12 consecutive weeks with 525 mg/day of iron sulfate heptahydrate (**Ferrograd**®) or with 2 sachets/day of **Ferroguna,** and monitored with monthly evaluation of the haematochemical and biophysical parameters. The aim of this parallel-group controlled clinical trial was to demonstrate the non-inferiority of **Ferroguna** compared to **Ferrograd**®.

PRIMARY OUTCOME

Increase of Hb (Haemoglobin) in the blood of at least 0.5 g/dl during the treatment period T0-T3 months.
Ferroguna increases the Hb concentration in the blood in a clinically relevant manner, that is > 0.5 g/dl (average 0.8 g/dl after 3 months), and in a statistically significant manner (p-value < 0.05) in the period T0-T3 months:

AVERAGE HB AT SCREENING AND AT 3rd MONTH OF TREATMENT

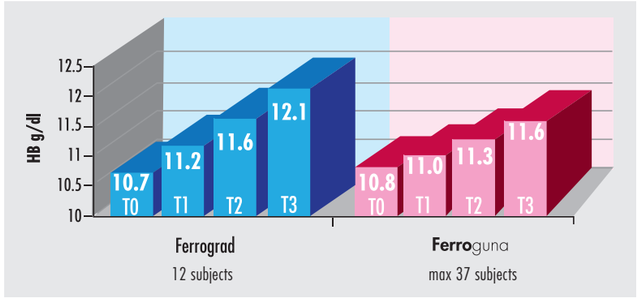


The increase is clinically relevant (over 0.5 g/dl) in both groups

SECONDARY OUTCOME

Gradual Hb increase
Ferroguna leads to a gradual increase of the Hb values during the 3 months of treatment in a physiological manner:

AVERAGE HB AT SCREENING AND AT 1st, 2nd and 3rd MONTH



The opinion expressed by the subjects treated with **Ferroguna** about the overall perception of the product was very positive, with a higher tolerability of **Ferroguna** compared to **Ferrograd**®, confirming the safety and compliance of the product.

Conclusions

This study shows the non-inferiority of the food supplement **Ferroguna** compared to the drug **Ferrograd®** in the treatment of iron deficiency anaemia in pregnancy. The data also show a higher tolerability of **Ferroguna** and an increase of haematological values of ferritin and serum iron after 3 months of treatment.

Ferroguna - Fields of use and instructions for use

INCREASED IRON NEEDS

• **PREGNANCY**	**Ferroguna** formulation is fully **compatible with the specific NRV** (Nutrient Reference Values) and **allows** a daily intake of **1 or 2 sachets**.
• **POST-PARTUM PERIOD** • **BREASTFEEDING** • **GROWTH** • **AGING** • **SPORTS ACTIVITY**	**1 sachet daily** of orodispersible granules meets the daily iron needs.

REDUCED INTESTINAL ABSORPTION

• **DIETARY DEFICIENCIES, INTESTINAL DISORDERS** that affect iron absorption (especially celiac disease). • **VEGETARIAN OR VEGAN DIET** • **INCREASED BLOOD LOSS** PHYSIOLOGICAL (heavy menstrual bleeding) PATHOLOGICAL (gastritis and gastro-duodenal ulcer, gastrointestinal disorders).	**1 or 2 sachets** of orodispersible granules daily, according to medical advice.

Ferroguna - Suggested combinations

Ferroguna

SUPPLEMENTATION FOR IRON DEFICIENCIES, ALSO IN PREGNANCY

High Iron bioavailability
Pleasant taste
Well tolerated
With sweeteners
With Stevia (steviol glycosides)

Ferroguna + Colostrononi

Iron deficiency and gastrointestinal health.

Pack of 24 x 1.8 g sachets
Net weight 43.2 g

with sweeteners

Ferroguna + Vitformula

Iron and Vitamins deficiency.

Pack of 32 x 2.5 g sachets
Net weight 80 g

with sweeteners

Ferroguna + Gunaminoformula

Iron deficiency and protein needs.

Packs: 24 x 6.5 g sachets - Net weight 156 g (with sweetener)
50 x 1.01 g tablets - Net weight 50.5 g

Ferroguna - Ingredients

Nutrition Facts

	per 100 g	per sachet	%NRV* sachet
Energy	1155 kJ 276 kcal	20 kJ 5 kcal	
Fat of which saturates	0.23 g 0 g	0 g 0 g	
Carbohydrate of which sugars	80.78 g 13.84 g	1.37 g 0.24 g	
Protein	0.61 g	0.01 g	
Salt	0.02 g	0 g	
Iron	823.5 mg	14 mg	100
Copper	21.2 mg	0.36 mg	36
Vitamin C	1764.7 mg	30 mg	38
Baobab fruit pulp	38.2 g	650 mg	

**NRV: Nutrient Reference Values*

Ingredients

Sweetener: sorbitol (from corn); Baobab (*Adansonia digitata* L.) fruit pulp, ferrous fumarate, L-ascorbic acid (vitamin C), acidity regulator: citric acid; natural flavouring, stabiliser: gum arabic (acacia gum); anti-caking agent: silicon dioxide; sweetener: steviol glycosides; cupric citrate.

- with sweeteners -

Warnings

Store the product in a cool and dry place and protect from light. The expiry date refers to the product correctly stored in its original and undamaged packaging. Do not exceed the stated recommended daily dose. Keep out of the reach of young children. Excessive consumption may produce laxative effects. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.

Packaging

28 sachets of 1.7 g. Net weight 47.6 g.

The information herein contained concern the ingredients of **Ferroguna** and should not be interpreted as medical advice, nor can they replace any medical prescription. Food supplements are not intended as means for treating, preventing, diagnosing or mitigating any disease or abnormal condition.

References

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