



BioFe™ Pure Iron

What is Iron?

Iron is an essential mineral needed for mental, physical, and emotional development in children. In both adults and children, iron is a required component of hemoglobin, which transfers oxygen from the lungs to the body's tissues. Iron also provides the body with much-needed energy. Iron is utilized by the brain to make several neurotransmitters including, serotonin our happy hormone. Iron is also necessary for a healthy immune system.

Iron is very important for growing infants and children. Low iron can lead to behavioural problems including tantrums, ADHD-like behaviours, and sleep problems, as well as physical development issues like failure to thrive, short stature, and poor grades at school. Iron also helps build a strong immune system to fight illness and infection.

Signs and Symptoms of Depleted Iron

- Dark under-eye circles
- Moodiness, irritability, or tantrums
- Pale skin, lips, and eyelids
- Increased infections, colds, and flus
- Sleep disturbances, like having a hard time falling asleep
- Becoming tired quickly, needing more naps
- Craving and eating ice, dirt, clay or other non-food items (pica)
- Poor appetite
- ADHD-like behaviours
- Slow growth (short or small for age)
- Poor grades, low test scores
- Headache
- Anxiety
- Teeth grinding

Iron Deficiency Risk Factors

- Born to a mother with iron deficiency or anemia
- Premature birth
- Low birthweight
- Blood loss during birth
- Being a twin or triplet
- Being born less than 24 months after older sibling, or the last of many children
- Formula fed with “low-iron” formula
- Consuming cow or goat milk before 12 months old
- Digestive conditions such as Crohn's disease, Celiac disease, or ulcerative colitis
- Picky eater, vegan, or vegetarian
- Girls that have begun menstruation
- Highly active children (sports)

Correcting Iron Deficiencies

Iron deficiency must be treated quickly as low iron can cause lasting developmental and behavioural problems in children. KidStar™ BioFe's superior iron delivery system raises hemoglobin and ferritin levels.

Benefits of KidStar™ BioFe™

The iron in KidStar™ BioFe™ is micronized to optimize absorption and does not cause side effects such as constipation, upset tummy, or stained teeth.

What is Micronized?

Micronizing is a process that grinds the iron into a fine powder to make it completely dispersible in liquids. Micronizing makes the iron highly absorbable, thereby raising hemoglobin and ferritin levels.

KidStar™ BioFe™

- Prevents iron deficiency and iron deficiency anemia
- Reduces symptoms of low iron
- Raises ferritin and hemoglobin
- Helps form red blood cells and supports their functions

KidStar™ BioFe™ is available in a tasty liquid, unflavoured drops, and a tiny chewable tablet.

Like all KidStar™ nutrients our iron supplements do not contain sugar, artificial colours, artificial sweeteners or artificial flavours, soy, gluten, benzoates and GMOs.

KidStar™ is committed to providing the cleanest nutritional supplements for your family.

How Much Iron do Kids Need?

To prevent iron deficiency anemia, supplement with the following dose:

- Children 12 months to 13 years – 10 mg daily
- Girls 14 to 18 years – 15 mg daily
- Boys 14 to 18 years – 10 mg daily
- Pregnancy – 30 mg daily
- Lactating – 10 mg daily

The doses recommended above are for elemental iron. Elemental iron is the total amount of iron available for absorption by your body. Always look for the elemental amount of iron when choosing an iron supplement.

If your child is diagnosed with iron deficiency anemia your health care provider will recommend a therapeutic dose as treatment for anemia. Therapeutic doses will be higher than the recommended dose above.