
□ Updated Functional Medicine Nutrition Label Analysis

Core Vitamins & Minerals

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Vitamin C (from <i>S. cerevisiae</i>)	25 mg	28%	Enhances iron absorption, antioxidant for gut lining, supports immune health	Immune, GI, Blood	Synergistic with iron. Modest dose, but good for inflammation support.
Folate (from <i>S. cerevisiae</i>)	400 mcg DFE	100%	Supports red blood cell formation, methylation, gut lining repair	Neurological, GI, Cardiovascular	Natural folate supports mucosal healing. Crucial in anemia and GI inflammation.
Vitamin B12 (as Methylcobalamin)	500 mcg	20833%	Supports energy, red blood cell production, methylation, nerve repair	Blood, Neurological, GI	High dose supports anemia and possible malabsorption from GI inflammation.
Iron (from Brown Rice Chelate)	22 mg	122%	Supports hemoglobin synthesis, combats fatigue, aids cognitive function	Blood, Neurological	Chelated iron is well-tolerated and absorbed, even in those with gut inflammation. Good for iron-deficiency anemia.

Targeted Functional Blends

Nutrient / Blend	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Raw Organic Fruit & Vegetable Blend	310 mg	<i>Not listed</i>	Antioxidants & polyphenols help lower gut inflammation and support detox	GI, Immune, Cardiovascular	Phytochemicals help modulate inflammation and microbiome diversity.

Nutrient / Blend	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Raw Probiotic & Enzyme Blend	60 mg	Not listed	Supports digestion, microbiome health, and enhances iron bioavailability	GI, Immune	Probiotics (e.g., <i>L. plantarum</i>) promote iron absorption. Enzymes improve digestion in inflamed guts.

Clinical Insight: GI Inflammation & Iron Absorption

People with **iron-deficiency anemia** often have **underlying gastrointestinal inflammation**, which disrupts **iron absorption** by:

- Damaging enterocytes (intestinal cells that transport iron)
- Altering stomach acid levels (needed to solubilize iron)
- Reducing beneficial gut bacteria that **enhance mineral bioavailability**

This supplement supports these issues by:

- ✓ Providing **chelated iron** — more absorbable and less irritating
- ✓ Including **vitamin C**, which enhances non-heme iron absorption
- ✓ Using **methylated B12 and folate** to support red blood cell production
- ✓ Delivering **probiotics** (like *Lactobacillus plantarum*), shown to enhance iron uptake via microbiome modulation
- ✓ Including **digestive enzymes** to help break down food when inflammation compromises enzyme secretion

□ Layperson Summary (Updated)

If you struggle with **low iron** or symptoms like fatigue, brain fog, or poor immunity — especially if you also deal with **gut issues** (like bloating, IBS, or leaky gut) — this supplement can support you in multiple ways. It combines **gentle, well-absorbed iron**, gut-friendly **vitamins and probiotics**, and a variety of **plant antioxidants** that help reduce inflammation and improve nutrient absorption.