



THE MOST
EFFECTIVE
IRON
THERAPY

DESCRIPTION:

Cosfer syrup is a combination of ferrous bisglycinate with Vitamin B12 & Folic acid to overcome iron deficiency & anemia. It is easy on the stomach & has the highest bioavailability. Vitamin B12 also supports the production of red blood cells with folic acid.

INDICATIONS:



Iron deficiency
anemia



Pregnancy and
Lactation



Neural tube
defects



Fatigue and
tiredness



Weakness

ROLE OF INGREDIENTS:

IRON BISGLYCINATE:

- It is a chelated and highest absorbable form of iron.
- This novel type of iron is absorbed like an amino acid by the cells of the small intestine without the usual irritation and constipation of other forms.
- It provides a margin of safety that is 125 fold above the provision at maximum tolerable daily intake of other iron salts.
- It does not affect any other nutrients.

FOLIC ACID:

- Folic acid helps to form DNA and RNA and is involved in protein metabolism.
- It plays a key role in breaking down homocysteine.
- It is needed to form healthy cells.

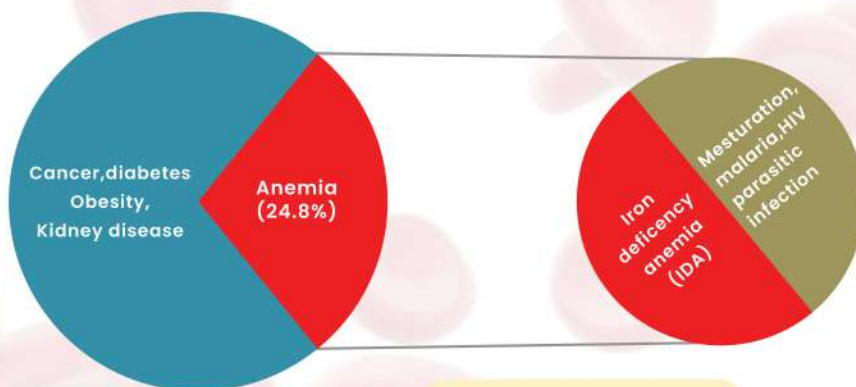
VITAMIN B12:

- Nourishes the brain and nervous system,
- Assists with the formation of healthy red blood cells.
- Plays an important role in the body's energy production.

CLINICAL STUDIES OF IRON BISGLYCINATE:

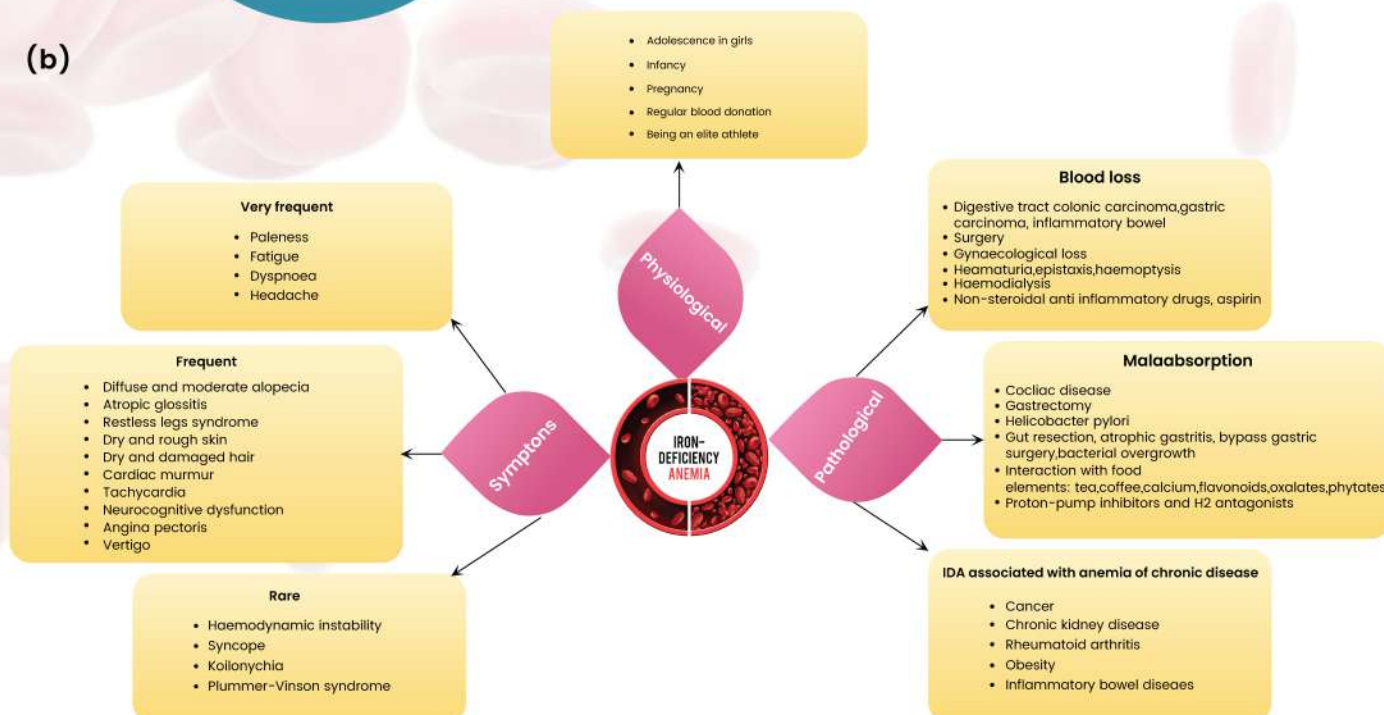
- In a pilot study by Szarfarc et al. 15 mg/day of ferrous bisglycinate was found to be comparable to ferrous sulfate in terms of maternal blood parameters, while iron depletion was significantly less frequent.
- Ferrous bisglycinate has also proven clinically effective for preventing iron deficiency anemia (IDA) in infants. This comparative study reported that while 5 mg/kg (equiv. 30–48 mg/day) of ferrous sulfate was equally as effective as a similar dose of ferrous bisglycinate for improving hemoglobin levels, the bisglycinate form was superior in terms of plasma ferritin levels and overall bioavailability.
- This confirms an earlier study by the same investigators showing that 30 mg iron as bisglycinate is as effective as 120 mg of ferrous sulfate in preventing IDA in adolescents.
- A more recent clinical study on iron-deficient school-aged children showed that 30 mg of either iron sulfate or bisglycinate supplementation resulted in similar improvements; however, the bisglycinate form showed more persistent correction of ferritin levels after six-month follow-up
- A clinical trial by Milman et al. has shown that 25 mg/day of ferrous bisglycinate resulted in similar maternal blood parameters to women who took ferrous sulfate (50 mg/day).

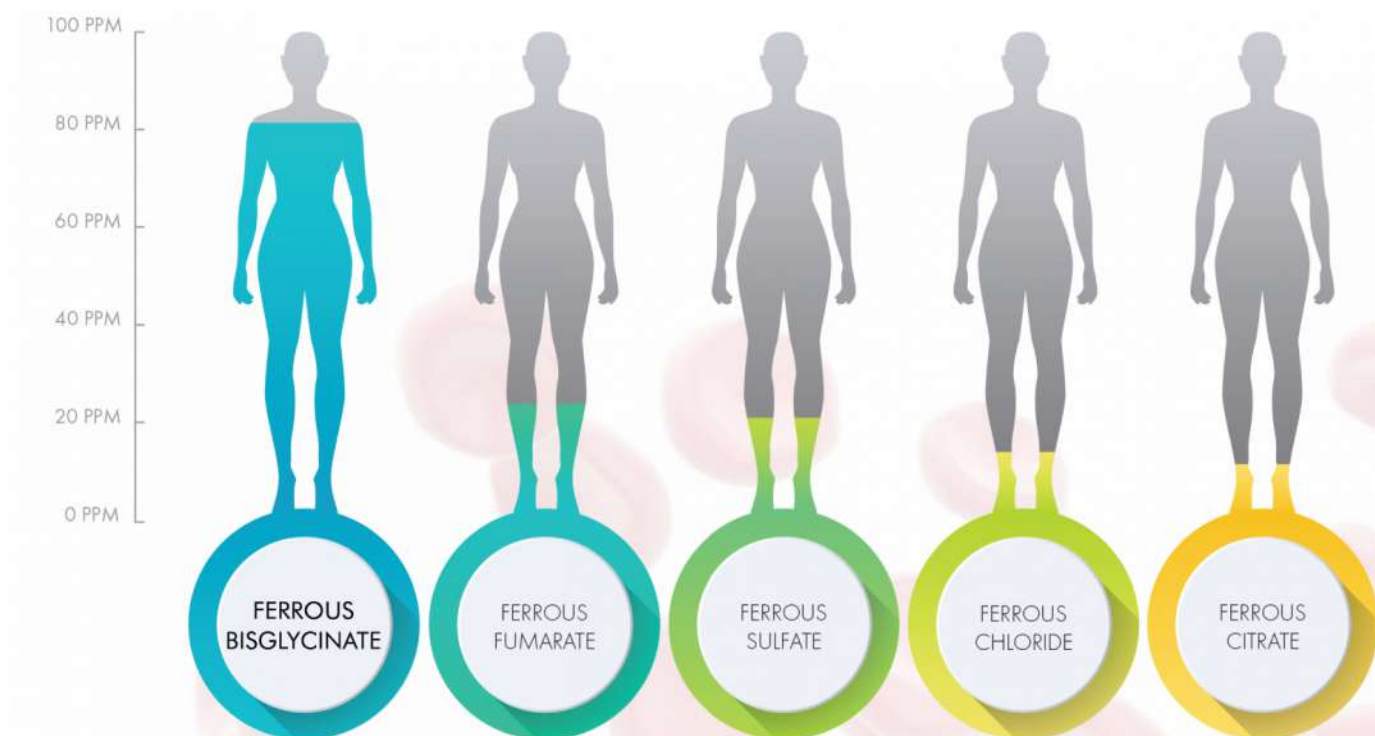
(a)



- Total population 200 billion
- Anemia is (24.8% world population)
- 50% of anemia cases due iron deficiency

(b)





Relative absorption of different iron compounds as compared to iron amino acid chelate (Ferrochel).

(SOURCE : BRIAN & HALLBERG, ACTA MED SCAND, SUPP 368, 1960, PINEDA & ASHMEAD, J APPL NUT, 1994.)

CHELATED IRON – ABSORPTION RATIO

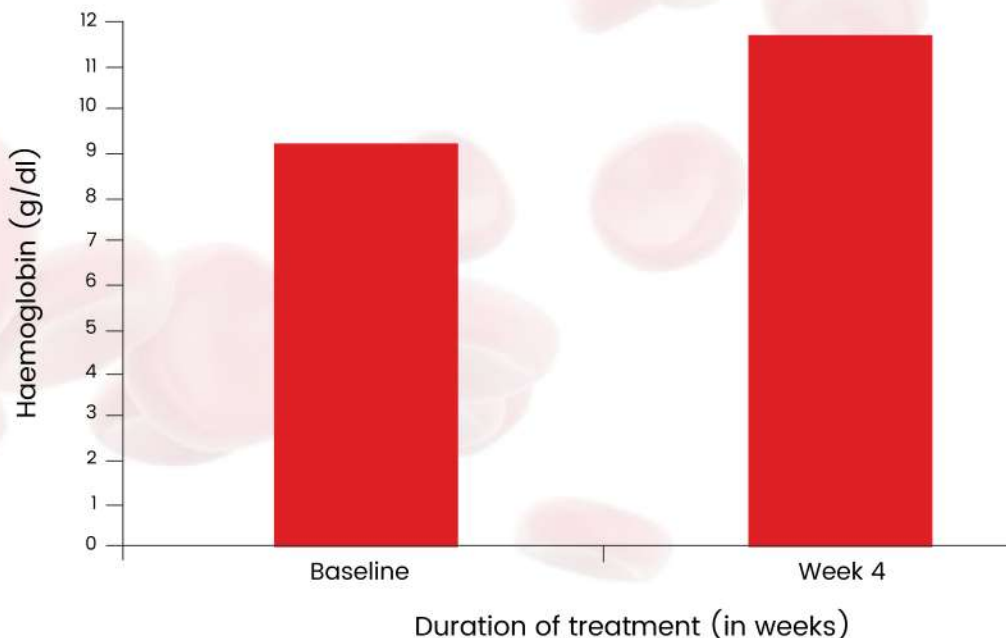


Figure1: Comparison of Haemoglobin Level between Baseline and at end of therapy.

After 4 weeks of treatment, there were significant increases in hemoglobin levels with a mean rise in hemoglobin level of 2.4 g/dL and it showed better compliance and lack of unwanted side effects. Ferrous bisglycinate in doses of 2 tablets a day is an effective treatment for anemia during pregnancy without any major side effects and with better compliance.

High bioavailability, Chelated Iron

Easy on the stomach

Not ionizes easily in the gut like other iron forms

High potency iron, Equivalent to 30 mg elemental iron

Quick effect on red blood cells production with vitamin B12 & folic acid

Non-GMO, gluten free, preservatives free

COMPOSITION:

Each 5ml contains

Ferrous bisglycinate..... 160mg (eq. to elemental Iron 30mg)
Cyanocobalamin.....7.5 mcg
Folic acid.....0.5mg

DOSAGE:

For children:

½ teaspoon daily with meal or as directed by the physician.

For adults:

1 teaspoon daily with meal or as directed by the physician.

PRESENTATION:

Available in 120ml Amber Pet Bottle Syrup Pack

REFERENCES:

1. [https://www.semanticscholar.org/paper/Efficacy-of-Ferrous-bis-glycinate-\(FeroseTM\)-in-Sharma-Nagabhushan/99cd5a3b847d17935ab9c9c783d0e7384d55889](https://www.semanticscholar.org/paper/Efficacy-of-Ferrous-bis-glycinate-(FeroseTM)-in-Sharma-Nagabhushan/99cd5a3b847d17935ab9c9c783d0e7384d55889)
2. <https://link.springer.com/article/10.1007/s13197-021-05184-4>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8639493/>

