

Mighty Iron

An advanced iron complex formulated to support iron absorption, haemoglobin synthesis, energy production and gastrointestinal tolerance.

60 HARD CAPSULES | AUST L 522295



Vitality Solutions™
SUPPLEMENTS
Clinical expertise to elevate your health

Product Overview

Mighty Iron is a practitioner-formulated iron complex designed to support healthy iron levels, haemoglobin formation, red blood cell production and energy.

It combines bioavailable iron bisglycinate with a targeted matrix of cofactors essential to iron absorption, transport and utilisation – including lactoferrin, vitamin C and copper.

To further support tolerability, the formula incorporates CO₂-extracted ginger root concentrate, traditionally used in Western herbal medicine to relieve digestive discomfort.

The result is a focused, practitioner-grade formulation where efficacy, tolerability and clinical quality converge.

Formulation Rationale

1. Iron Bisglycinate – Gentle, Bioavailable Iron

Iron bisglycinate is an amino acid chelate with well-established superior absorption relative to ferrous salts. Its chelated structure resists competitive mineral interference and does not require gastric acid dissociation, delivering meaningfully higher mucosal uptake with substantially lower rates of constipation, nausea and gastrointestinal disturbance. The form of choice for sustained iron support where tolerability is non-negotiable.

2. Lactoferrin – Iron Handling, Utilisation and Tolerance

Lactoferrin is a multifunctional iron-binding glycoprotein sourced from Australian fresh bovine milk (lactose-free). It plays a recognised physiological role in iron transport, mucosal protection and gastrointestinal homeostasis. Emerging clinical and mechanistic evidence supports its capacity to enhance iron absorption efficiency and reduce supplementation-related gastrointestinal disturbance – making it an intelligent pairing with bisglycinate in a formulation built around real-world tolerability.

3. Vitamin C (as Magnesium Ascorbate) – Absorption and Antioxidant Support

Vitamin C enhances non-haem iron absorption by reducing ferric iron to its ferrous form in the intestinal lumen, maximising mucosal uptake. Delivered as magnesium ascorbate – a buffered, better-tolerated salt – it contributes antioxidant protection while avoiding the gastrointestinal irritation common to high-dose ascorbic acid. A precise, well-considered delivery of a well-established mechanism.

4. Ginger Root Extract – Gastrointestinal Comfort

Standardised CO₂ extract (20:1; 10–12% gingerols; equiv. 500 mg dry root). CO₂ extraction preserves the full bioactive gingerol profile without residual solvents. Traditionally used in Western herbal medicine to relieve digestive discomfort. Emerging evidence, including a 2022 review in *Molecules*,¹ suggests ginger polyphenols may also support non-haem iron absorption and promote gastrointestinal tolerance during supplementation.

5. Copper (as Copper Gluconate) – Haematopoietic Cofactor

Copper is an essential cofactor for caeruloplasmin, the ferroxidase responsible for oxidising ferrous iron for incorporation into transferrin. Without adequate copper, iron cannot be effectively loaded onto its transport carrier. Copper also supports haemoglobin synthesis, red blood cell maturation and cellular energy production – addressing the well-documented haematopoietic interdependence of these two minerals.

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Capsule Size: 0



Stack me!

Generate synergistic effects that enhance benefits and boost performance.

Every Vitality Solutions supplement is purposefully formulated to work in harmony – designed with stacking in mind.

TUMMY KIND

FREE OF
HEAVY METALS

PERSONALISED MEDICINE
FOR OPTIMAL HEALTH

VEGETARIAN
AND
VEGAN
FRIENDLY



Blended, encapsulated and packaged in Australia using superior-quality, ethically-sourced ingredients.



Mighty Iron

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Functional Overview

Mighty Iron provides a targeted combination of nutrients involved in iron metabolism and utilisation, formulated to support:

- Healthy iron levels
- Haemoglobin formation and synthesis
- Red blood cell production and health
- Transport of oxygen in the body
- Energy production
- Absorption and metabolism of dietary iron
- Gastrointestinal tolerance
- Antioxidant activity – reducing free radicals formed in the body
- General health and wellbeing

Its focused, practitioner-grade design supports consistency, comfort and long-term adherence to nutritional supplementation.

ACTIVE INGREDIENTS PER HARD CAPSULE

Iron (II) glycinate	87.66 mg
Equiv. iron	24 mg
Lactoferrin (bovine, milk-derived; lactose-free)	50 mg
Magnesium ascorbate monohydrate	167.17 mg
Equiv. ascorbic acid (vitamin C)	150 mg
Copper gluconate	10.71 mg
Equiv. copper	1.5 mg
Zingiber officinale (ginger) root extract dry concentrate (20:1), CO₂ extract, standardised to 10–12% gingerols	25 mg
Equiv. dry root	500 mg

DIRECTIONS FOR USE

Adults: Take 1 capsule daily with water after food or as directed by your healthcare practitioner. Store below 25 °C in a cool, dry place away from heat and sunlight. Do not use if seal on cap is broken.

NO ADDED

Gluten, wheat, soy, nuts, eggs or artificial colours/flavours.

WARNINGS

- Not for the treatment of iron deficiency conditions.
- Contains milk-derived protein (lactoferrin), but is lactose free.
- Vitamin and mineral supplements should not replace a balanced diet.
- If symptoms persist, talk to your health professional.
- If pregnant or breastfeeding, consult your healthcare practitioner before use.
- Not for children under 12 years except on professional advice.
- If taking thyroid medication, separate doses by at least 4 hours.
- Keep out of reach of children.

INDICATIONS

- Helps prevent dietary iron deficiency.
- Maintains/supports healthy iron levels.
- Helps maintain/support haemoglobin formation/synthesis.
- Aid/assist healthy red blood cell production.
- Maintain/support red blood cell health.
- Helps maintain/support transport of oxygen in the body.
- Aid/assist/helps oxygen transport to body tissues.
- Relieve weariness/tiredness/fatigue/feeling of weakness.
- Maintains/supports energy production.
- Aid/assist/helps metabolism of iron.
- Maintain/support absorption of dietary iron.
- Helps enhance/promote/increase absorption of dietary iron.
- Antioxidant - reduce free radicals formed in the body.
- Maintain/support healthy immune system function.
- Traditionally used in Western herbal medicine to relieve digestive discomfort.
- Maintain/support general health and wellbeing.

* Ooi SL, Pak SC, Campbell R, Manoharan A. Polyphenol-Rich Ginger (*Zingiber officinale*) for Iron Deficiency Anaemia and Other Clinical Entities Associated with Altered Iron Metabolism. *Molecules*. 2022;27(19):6417.

Customer Care or Clinical Support: **1300 848 787** | Order Online: **www.vitalitysolutions.com.au**

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