

Globifer Forte® ...innovation in iron supplementation!

Globifer Forte® is a new oral iron supplement, containing haem iron, for virtually no gastro-intestinal side effects and excellent iron absorption. Globifer Forte® can assist in reducing blood transfusions and can quickly restore iron status in blood donors.

Researchers in Sweden have addressed some of the negative issues associated with oral iron by developing a preparation which utilizes both haem and non-haem iron routes of absorption. Haem iron is naturally occurring in meat and fish. It retains iron within the molecule during digestion, does not ionize in the stomach, and does not cause gastric irritation like non-haem iron. The amount of non-haem iron has been optimized to cause minimal side effects without significant loss of efficacy. This has been achieved because "the addition of haem iron to physiological doses of ferrous iron in a tablet can increase the amount of iron absorbed by about 40%"¹. In a placebo controlled, double blind study of a haem/non-haem iron versus iron salt there was:

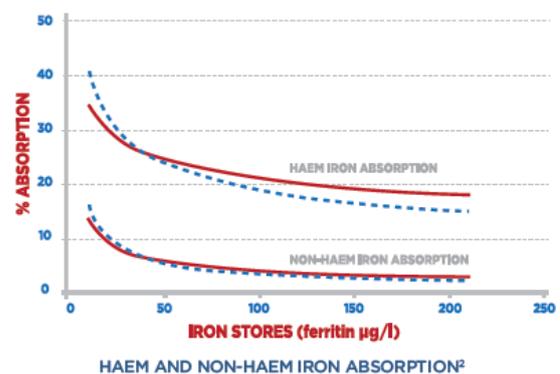
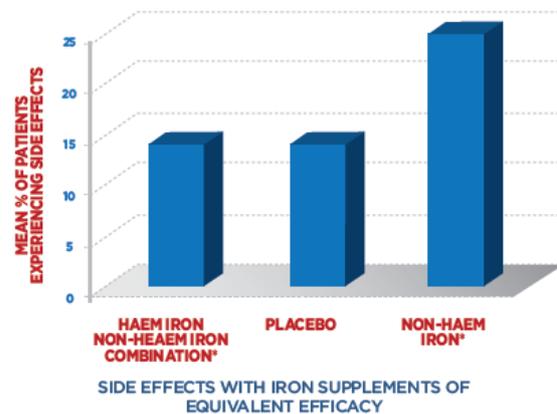
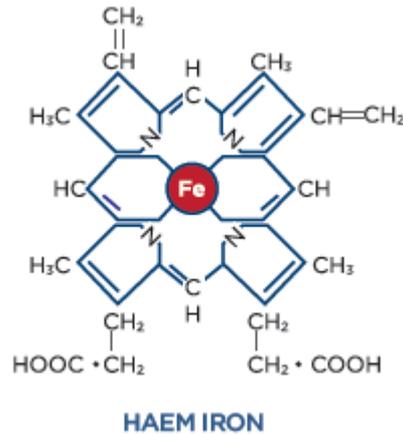
- no significant difference in ferritin and hemoglobin levels achieved²
- frequency of constipation ($p < 0.05$) and all other side effects ($p < 0.01$) were significantly greater with the iron salt²
- haem iron "was indistinguishable from placebo in side effects"³

"Globifer Forte® contains haem iron, which offers greater iron absorption without the unwanted side effects of traditional iron supplements."

Dr. T. Iqbal
Consultant Gastroenterologist, Queen Elizabeth Hospital, Birmingham.



Besides Globifer Forte®, other dosages are available: GlobiFer® and GlobiFer Plus®



References:

1. Ekman M, Reizenstein P. Comparative absorption of ferrous and heme-iron with meals in normal and iron deficient subjects. Z Ernährungswiss. 1993; 32: 67-70.
2. Frykman, E, et al, Side effects of iron supplements in blood donors: Superior tolerance of heme iron, J Lab Clin Med 1994; 123(4):561-4.
3. Roughead Z et al. Adaptation in iron absorption: iron supplementation reduces nonheme iron absorption from food but not heme-iron absorption. Am J Clin Nutr 2000;72:982-9.