Iron deficiency is the most common known form of nutritional deficiency. Its prevalence is highest among young children and women of childbearing age (particularly pregnant women). In children, iron deficiency causes development delays and behavioral disturbances, and in pregnant women, it increases the risk for a preterm delivery and delivering a low-birthweight baby. In the past three decades, increased iron intake among infants has resulted in a decline in childhood iron-deficiency anemia in the United States. For women of childbearing age, iron deficiency has remained prevalent.

### References
1. Reference 1
2. Reference 2
3. Reference 3
4. Reference 4
5. Reference 5
6. Reference 6
7. Reference 7
8. Reference 8
9. Reference 9
10. Reference 10

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**IROSPLAN 24/6**

**Iron / Folic Acid / Supplement Tablets and Succinic Acid Tablets**

**Provide a 30 day oral iron supplement therapy**

**IROSPLAN TABLET DESCRIPTION:** Each light blue capsule-shaped film coated tablet has a pleasant sweet flavor with WC002 imprint on one side.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>DOSE</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C (As Sodium Ascorbate)</td>
<td>100 mg</td>
<td>167%</td>
</tr>
<tr>
<td>Folicacid (Calcium Formate)</td>
<td>155 mg</td>
<td>16%</td>
</tr>
<tr>
<td>B1 (Thiamine HCL)</td>
<td>5 mg</td>
<td>333%</td>
</tr>
<tr>
<td>B2 (Riboflavin)</td>
<td>5 mg</td>
<td>294%</td>
</tr>
<tr>
<td>B3 (Niacin)</td>
<td>25 mg</td>
<td>125%</td>
</tr>
<tr>
<td>B6 (Pyridoxine HCL)</td>
<td>30 mg</td>
<td>1500%</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>500 mcg</td>
<td>25%</td>
</tr>
<tr>
<td>B12 (Cyanocobalamin)</td>
<td>10 mcg</td>
<td>167%</td>
</tr>
<tr>
<td>B7 (Biotin)</td>
<td>300 mcg</td>
<td>100%</td>
</tr>
<tr>
<td>B5 (d-Calcium Pantothenate)</td>
<td>7 mg</td>
<td>70%</td>
</tr>
<tr>
<td>Iron (Ferrous bisGlycinate)</td>
<td>65 mg</td>
<td>361%</td>
</tr>
<tr>
<td>Iron (Polyaspartic acid)</td>
<td>65 mg</td>
<td>361%</td>
</tr>
</tbody>
</table>

% Daily Value based on a 2000 Calorie Diet

**INDICATIONS:** Each white round film coated tablet has a pleasant sweet flavor with WC imprinted on one side.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>DOSE</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C (As Sodium Ascorbate)</td>
<td>100 mg</td>
<td>167%</td>
</tr>
<tr>
<td>Calcium (Calcium Carbonate)</td>
<td>100 mg</td>
<td>10%</td>
</tr>
<tr>
<td>B1 (Thiamine HCL)</td>
<td>5 mg</td>
<td>333%</td>
</tr>
<tr>
<td>B2 (Riboflavin)</td>
<td>5 mg</td>
<td>294%</td>
</tr>
<tr>
<td>B3 (Niacin)</td>
<td>25 mg</td>
<td>125%</td>
</tr>
<tr>
<td>B6 (Pyridoxine HCL)</td>
<td>30 mg</td>
<td>1500%</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>1000 mcg</td>
<td>200%</td>
</tr>
<tr>
<td>B12 (Cyanocobalamin)</td>
<td>10 mcg</td>
<td>167%</td>
</tr>
<tr>
<td>B7 (Biotin)</td>
<td>300 mcg</td>
<td>100%</td>
</tr>
<tr>
<td>B5 (d-Calcium Pantothenate)</td>
<td>7 mg</td>
<td>70%</td>
</tr>
<tr>
<td>Succinic Acid</td>
<td>150 mg</td>
<td>1</td>
</tr>
</tbody>
</table>

% Daily Value based on a 2000 Calorie Diet

**Succinic Acid Tablet Description:** Each white round film coated tablet has a pleasant sweet flavor with WC imprinted on one side.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**REFERENCES**
1. Reference 1
2. Reference 2
3. Reference 3
4. Reference 4
5. Reference 5
6. Reference 6
7. Reference 7
8. Reference 8
9. Reference 9
10. Reference 10

**Women's Choice Pharmaceuticals**

Gilbert, AZ 85233 • (877) 774-4949 • www.wcpharma.com
IROSPAN® 24/6 is an innovative formula and dosing regimen developed specifically for women to maximize iron absorption and tolerability.

**IROSPAN® 24/6 Formulation**

**Two uniquely different forms of Iron for maximized Absorption**

—*Ferrous bisGlycinate Chelate*
  - Absorbed more evenly throughout the entire GI tract and not affected by higher pH.\(^1,2,3\)
  - More resistant to interference from food and liquid substances.\(^1,2,3\)

—*Polysaccharide Iron Complex*
  - Non-ionic delivery system allows the ionic iron to be delivered to the bloodstream without coming into contact with the stomach or upper GI tract.

—*Complex B-vitamins to promote energy*

—*Irospan® contains Formical\(^{®}\), a patented source of calcium formate.*

### 24/6 Dosing Regimen

**Twenty four days of combination iron therapy with ascorbic acid providing 130 mg of elemental iron**

- Ascorbic acid promotes efficient absorption by pushing iron into duodenal enterocyte cells, blocking binding phytates, tannins, and polyphenols that normally interfere with iron absorption.\(^4,5\)

**Six days of succinic acid therapy**

- Stimulates iron transmission by pulling iron from intestinal enterocyte cells into the bloodstream, which promotes iron absorption even when oral iron is not being administered.\(^6,8\)

### Unique combination of complementary and easily absorbable irons

Irospan’s dual iron formulations, ferrous bisGlycinate chelate and polysaccharide iron complex, are absorbed in different intestinal sites.

Chelated iron has been shown to be absorbed up to 3.4 times more than ferrous sulfate.\(^9\)

A unique push/pull mechanism promotes superior absorption

The ascorbic acid contained in Irospan\(^{®}\) pushes the iron into duodenal cells and blocks substances that interfere with iron absorption. The succinic acid therapy pulls iron from those cells into the bloodstream during the 6 days that iron is not administered.

Research has shown that ascorbic and succinic acids can enhance absorption by 33% and 30%, respectively, without a rise in side effects.\(^4,10\)

- The 6 day iron-free period allows for the regeneration of the body’s cells. This enables the cells to “rest” for the next cycle of iron therapy.

### Benefits of 24/6 therapy

**Maximum Iron absorption...** Highest absorption of iron has been shown to occur in the first 20-24 days of therapy.\(^7\)

- Active Iron is only administered when the body is capable of absorbing it efficiently.

**Fewer Iron related side effects...** Research indicates iron absorption decreases after 20-24 days of continuous therapy.\(^7\) Continuous iron only therapy may lead to chronic irritation of the epithelial cells lining the gastrointestinal (GI) tract, which may explain common iron related side effects.\(^8\)

  - In addition to enhancing tolerability, the unique regimen and formula promotes continued iron absorption during the 6 day succinic acid period.

**Comparable Iron Therapies Report:**

- 2-gram hemoglobin increase in first month of therapy, and a 3.5-gram increase by month three.