



# Iron

## INGREDIENT GUIDE

### THE IMPORTANCE OF IRON IN EARLY NUTRITION

Adequate iron early in life is essential to support the development of the brain, nervous system, and the immune system. Iron also plays a central role in energy metabolism. It's important that our babies get the right amount, not too little and not too much.

Inadequate iron intake during this critical period can result in irreversible outcomes.<sup>4,5</sup> It can increase the risk for developmental delays and cognitive deficits that can continue throughout adulthood.<sup>6,8</sup> Iron deficiency has also been associated with reduced learning ability<sup>7</sup> that can continue throughout adulthood.<sup>6-8</sup>

Excess iron can also have negative effects, such as decreased growth, undesired changes to the gut microbiota, increased inflammation, and decreased absorption of other trace elements like zinc and copper.<sup>9</sup>

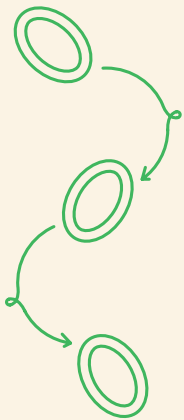
It's important to get just the right amount of iron especially during infancy

### WHAT IS IRON?

Iron is a mineral found in every living organism. It plays an integral role in human development and metabolism.

Iron is a structural component of many enzymes that are involved in a wide range of metabolic processes for the immune system and central nervous system.<sup>1,2</sup> It has an essential role in DNA synthesis and repair, as well as in maintaining adequate concentrations of red blood cells.<sup>2,3</sup>

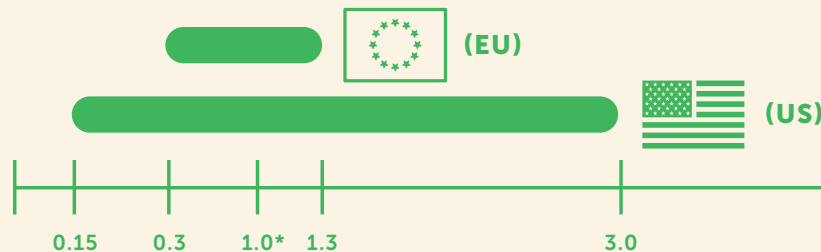
The majority of iron in the body is bound to hemoglobin, the part of red blood cells that carry oxygen throughout the body. Iron powers hemoglobin to transport oxygen—without enough iron, tissues and organs won't get the oxygen they need.<sup>1</sup>



### SOURCES

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## REGULATORY REQUIREMENTS AND EXPERT RECOMMENDATIONS FOR INFANT FORMULA



mg of iron per 100 kcal

\*US FDA requires that infant formulas with <1 mg of iron per 100kcal must include a statement on the label indicating that additional iron may be needed.<sup>11</sup>

### SOURCES OF IRON FOR INFANTS

Since iron plays such a central role in overall growth and development, it is critical that infants consume adequate iron to meet their needs.

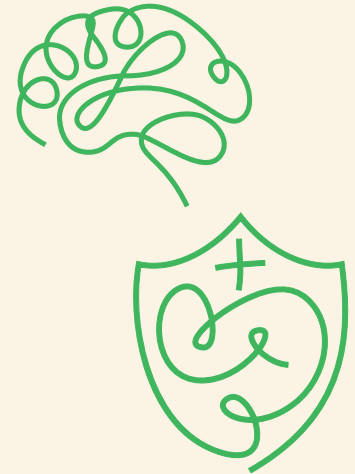
Infants are born with iron stores, yet these start to decline around four months of age and generally are depleted by six months of age.<sup>4</sup> Exclusively or partially breastfed infants should be started on an iron supplement that provides 1 mg of iron per day around four months of age.<sup>9</sup>

Infants who are exclusively formula

fed—provided they are consuming a formula that meets FDA and other expert guidelines for iron in infant formula—do not need an iron supplement. The FDA requires that infant formula products with less than 1 mg of iron per 100 kcal include a statement on the label advising that additional iron may be necessary.<sup>10</sup> Most infant formulas in the US have between 1.0 and 1.8 mg iron per 100 kcal.

For all infants, when solid foods are introduced, iron-rich foods should be included in the diet to help support iron stores.<sup>4,9</sup>

**bobbie.**  
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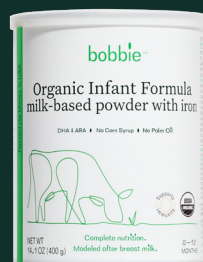


### TAKE-AWAY

Iron plays a critical role in early growth and development. Adequate iron status is essential for brain and nervous system development, development of the immune system, and is recognized to play a role in later cognition and behavior. Infants are born with iron stores, yet these start to decline around four months of age.

**Infants should only consume infant formulas with iron levels that meet both regulatory and expert recommendations.**

Iron  
1.2 mg per  
100 kcal



### IRON IN BOBBIE

Bobbie organic infant formula has 1.2 mg of iron per 100 kcal and meets both the US and EU regulatory requirements for iron in infant formula. Ferrrous Sulfate is the ingredient used in Bobbie as the iron source. Did you know that Ferrum is the Latin name of iron?!