

Iron Bisglycinate Absorption is Well Studied

Author/ Publication	Study Design	Study Population	Duration / Dosage	Primary Outcome	Conclusions
Pineda et al., J Appl Nutr 1994; 46(1-2): 2-13.	Double blind, intervention trial	N=100 M&F, age 10-19y; Hb <12 g/dL	4 weeks 30 mg Fe Bisglycinate 60 mg Fe Bisglycinate 120 mg Fe Bisglycinate 120 mg FeSO₄ *all groups rec'd 250 mcg/day folic acid	Hemoglobin Ferritin Gastric Distress	- All treatments ↑Hemoglobin - All treatments ↑ Ferritin - GI distress from chelates was <50% of FeSO₄
Makled et al., J Eviden Base Wom Health 2020; 10(1): 95-103	Randomized, controlled trial	N=150 pregnant women with Hb between 8-10.5g/dL and serum ferritin < 15 mcg/L; age 19-37y	12 weeks - Fe Bisglycinate Chelate (15 mg elemental Fe) - Fe Fumarate (115 mg elemental Fe)	Hemoglobin	- Significant ↑Hemoglobin higher in FeBisGly group - Significant ↑serum iron higher in FeBisGly group - Significant ↑ serum ferritin higher in FeBisGly group
Coplin MS et al; Clin Ther 1991; 13(5): 606-612.	Randomized, double blind, crossover trial	N=42 premenopausal women w/ normal iron status; ages 18-40y;	14 days 50 mg elemental iron as: - Iron bisglycinate - FeSO₄	Tolerability Subject Preference	- Iron bisglycinate tolerated as well as FeSO₄ - Subjects reported higher preference for Iron Bisglycinate
Bovell-Benjamin AC, et al; Am J Clin Nutr 2000; 71: 1562-1569.	Randomized intervention trial	Study 1: N=10 healthy M, age 19-30y Study 2: N=33 healthy F, age 18-48y	Whole-maize meal with either: - FeSO₄ - FeBisGly - FeTrisGly	Iron Absorption (radioassay) Serum Ferritin	FeBisGly is better absorbed than FeSO₄ in whole maize meal