

# 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 <ul style="list-style-type: none"> <li>30 mg Fe Bisglycinate</li> <li>60 mg Fe Bisglycinate</li> <li>120 mg Fe Bisglycinate</li> <li>120 mg FeSO<sub>4</sub></li> </ul> *all groups rec'd 250 mcg/day folic acid	Hemoglobin Ferritin Gastric Distress	<ul style="list-style-type: none"> <li>All treatments ↑Hemoglobin</li> <li>All treatments ↑ Ferritin</li> <li>GI distress from chelates was &lt;50% of FeSO<sub>4</sub></li> </ul>
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 <ul style="list-style-type: none"> <li>Fe Bisglycinate Chelate (15 mg elemental Fe)</li> <li>Fe Fumarate (115 mg elemental Fe)</li> </ul>	Hemoglobin	<ul style="list-style-type: none"> <li>Significant ↑Hemoglobin higher in FeBisGly group</li> <li>Significant ↑serum iron higher in FeBisGly group</li> <li>Significant ↑ serum ferritin higher in FeBisGly group</li> </ul>
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: <ul style="list-style-type: none"> <li>Iron bisglycinate</li> <li>FeSO<sub>4</sub></li> </ul>	Tolerability Subject Preference	<ul style="list-style-type: none"> <li>Iron bisglycinate tolerated as well as FeSO<sub>4</sub></li> <li>Subjects reported higher preference for Iron Bisglycinate</li> </ul>
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: <ul style="list-style-type: none"> <li>FeSO<sub>4</sub></li> <li>FeBisGly</li> <li>FeTrisGly</li> </ul>	Iron Absorption (radioassay) Serum Ferritin	<ul style="list-style-type: none"> <li>FeBisGly is better absorbed than FeSO<sub>4</sub> in whole maize meal</li> </ul>