

Choosing the Right Iron: Hemaforte 1[®] vs. Generic Retail Iron



Not all iron supplements work the same way. Here's how Hemaforte 1[®] compares to the kind of non-heme iron supplements you'll typically find on pharmacy shelves.

FEATURE	HEMAFORTE 1 [®] (HEME IRON)	STANDARD TYPICAL RETAIL IRON SUPPLEMENT
Type of Iron	Heme iron polypeptide (animal-based)	Non-heme iron (e.g., iron salts, such as ferrous sulfate or gluconate, or iron chelates, such as ferrous bisglycinate)
Absorption Efficiency	Easily absorbed with minimal dietary influence	Absorption depends on digestive factors like food intake and stomach acid
Gentleness on Stomach	Most gentle iron supplement on digestive system	Can cause GI side effects like nausea, cramping or constipation
Free from gluten	Yes	Varies widely, check label
No GMOs used	Yes	Varies widely, check label
No hydrogenated oils	Yes	Varies widely, check label
Dosing	1 capsule daily with or without food	May require divided doses over the course of a day
Tolerability	No metallic aftertaste	May have unpleasant, metallic taste
Best When	Rapid iron restoration is a priority	General iron support for mild deficiency