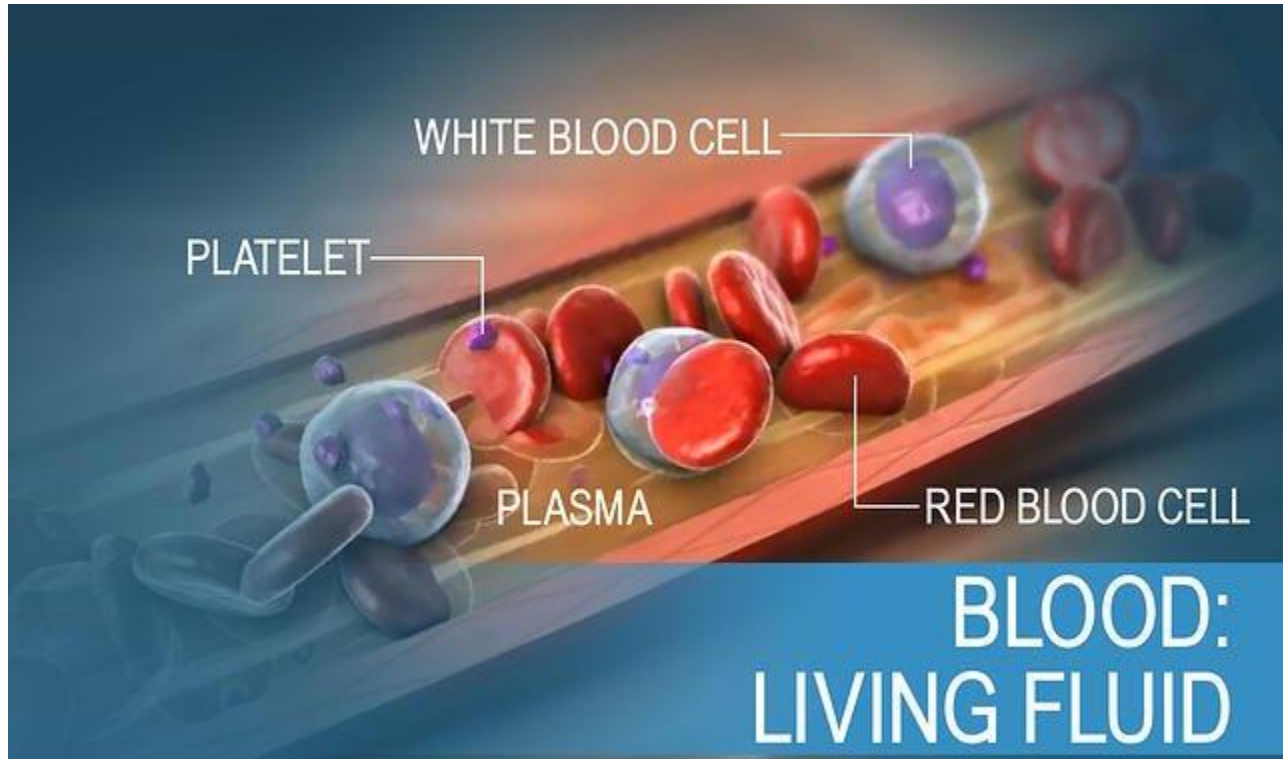


## Know Your Blood



**Blood** is a constantly circulating fluid providing the body with nutrition, oxygen, and waste removal. Blood is mostly liquid, with numerous cells and proteins suspended in it, making blood thicker than pure water. The average person has about 5 liters [more than a gallon] of blood.

### Four main components

- **Plasma**  
It is a liquid component that makes up about half of the content of blood. It is mixture of water, sugar, fat, protein, and salts. The main job of the plasma is to transport blood cells throughout your body along with nutrients, waste products, antibodies, clotting proteins, chemical messengers such as hormones, and proteins that help maintain the body's fluid balance.
- **Red blood cells [erythrocytes or RBCs]**  
These are the most abundant cell in the blood, accounting for about 40 to 45 percent of its volume. It contains a special protein called hemoglobin, which helps carry oxygen from the lungs to the rest of the body and then returns carbon dioxide from the body to the lungs so it can be exhaled. Blood appears red because of the large number of red blood cells, which get their color from the hemoglobin. The percentage of whole blood volume that is made up of red blood cells is called the hematocrit and is a common measure of red blood cell levels.
- **White blood cells [leukocytes or WBC]**  
These protect the body from infection. They are much fewer in number than red blood cells, accounting for about one percent of your blood.
- **Platelets [thrombocytes]**  
Platelets help the blood clotting process [coagulation] by gathering at the site of an injury, sticking to the lining of the injured blood vessel, and forming a platform on which blood coagulation can occur. This results in the formation of a fibrin clot, which covers the wound and prevents blood from leaking out.

**Functions:**

- transporting oxygen and nutrients to the lungs and tissues
- forming blood clots to prevent excess blood loss
- carrying cells and antibodies that fight infection
- bringing waste products to the kidneys and liver, which filter and clean the blood regulating body temperature

**Iron-deficiency anemia** is one of the blood disorders in which there are low levels of iron in the body. Your body needs a certain amount of iron to make hemoglobin, the substance that moves oxygen throughout your body.

**Iron Complex** at shop.HealedPeople.com is a unique blend of Ferrochel Iron [a bioavailable form of iron] and its important co-nutrients combined with complementary botanicals. Iron is a mineral required for the formation of hemoglobin, a molecule that transports oxygen to the cells throughout the body in red blood cells. Vitamin B-12 and Folate are necessary for red blood cell production, while Vitamin C is known to enhance Iron absorption from the GI tract. This vegetarian formula is well-tolerated and non-constipating and has been designed to maximize Iron absorption and utilization by the body.

**FDA Disclaimer:** These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Warning:** Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

**Sources:**

1 <https://www.webmd.com/heart/anatomy-picture-of-blood>

2 <https://www.hematology.org/education/patients/blood-basics#:~:text=Blood%20is%20a%20specialized%20body,to%20prevent%20excess%20blood%20loss>

3 <https://my.clevelandclinic.org/health/diseases/21545-blood-disorders>

4 <https://my.clevelandclinic.org/health/diseases/3929-anemia>