

An elderly woman complains of being tired all the time. Her appetite is poor, and the labored breathing she experiences while walking convinces her not to participate in any exercise or extra physical activity. Her activities of daily living decline and one day after experiencing a bit of dizziness, she falls and breaks her hip. She is admitted to the hospital and subsequently is sent to a nursing home. Sound familiar?

All too often typical symptoms like lack of energy, poor appetite, dizziness and limited activity are considered symptoms of old age when in fact, if looked at a little more closely, these symptoms could indicate the presence of anemia. The incidence and prevalence of anemia increases with age which means the first plan of action when faced with these symptoms should be to check for anemia rather than simply passing off the symptoms as merely that of old age.

Contrary to common impression, aging alone does not necessarily lead to anemia. According to the World Health Organization (WHO), anemia is defined as a hemoglobin level of less than 13 g/dL in men and less than 12 g/dL in women. This definition does not decrease with age. As many as 61% of the elderly population may have anemia¹, and the chance of becoming anemic begins to increase after age 65, especially in men.²

Elderly people who are anemic are 40% more likely to have problems that keep them from being independent. These problems include poor balance and not being able to walk long distances³ and can be prone to falls, have heart trouble, depression, and problems with memory and concentration.¹

The most frequently cited causes of anemia are deficiencies in iron, folic acid and Vitamin B-12. These causes can be brought on by loss of blood due to illness or surgery, poor eating habits, diseases such as chronic kidney disease (CKD), renal failure, diabetes, and certain types of cancer. While the reasons for these causes are many, all are not necessarily the culprit for the onset of anemia. The good news for elderly men and women who suffer from these deficiencies is that nutritional supplementation can address the deficiencies while at the same time address the concern for anemia.

When iron poor blood results from any of the above mentioned causes, iron supplementation is typically the answer. To combat a deficiency in iron, 325mg Ferrous Sulfate, a salt form of iron that is readily absorbed by the body, can be taken twice daily*. The most common side effect of iron supplementation is constipation, and a

natural vegetable laxative such as senna is frequently used to treat constipation.

In addition to being a common cause of anemia, Vitamin B-12 deficiency can also be a reason for the onset of dementia and confusion in the elderly population. Unlike anemia, however, Vitamin B-12 deficiency can be attributed to the aging process. As we age, less intrinsic factor is produced by the body thus leading to B-12 deficiency. For this reason, many aging adults are ordered Vitamin B-12 injections which can be expensive and painful. Until recently, these injections were necessary because Vitamin B-12 could not be absorbed without intrinsic factor. New research, however, indicates that by taking at least 1,000mcg daily (a high but safe dose), B-12 is passively absorbed without the need of intrinsic factor.

Poor appetite, dysphasia and other dietary inconsistencies can contribute to a lack of folic acid. While these symptoms may suggest supplementing the diet with folic acid, it needs to be noted that folic acid can mask a Vitamin B-12 deficiency and thus may not correct neurological symptoms that may be present. However, studies have shown that folic acid helps to promote good cardiovascular health and prevent heart disease by reducing homocysteine (a toxic chemical) blood levels.

AnemaVite[®] dietary supplement combines Ferrous Sulfate, Senna Concentrate, Folic Acid and Vitamin B-12 and puts them into one capsule for cost savings and convenience. By putting four items into one capsule, only one pill needs to be taken instead of four. And, since it is in capsule form it can easily be opened and mixed with food or liquids if swallowing is a problem. There is no need to buy four different products; no need for costly and painful Vitamin B-12 shots.

AnemaVite[®] is the one-step, heart healthy solution when suffering from the symptoms of anemia.

AnemaVite[™]
Comprehensive Anemia Supplement

A product of QCE Laboratories
For more information call

800-710-8882
or visit www.QCElabs.com



1. National Anemia Action Council. *Anemia: A Hidden Epidemic*, Los Angeles, CA:2002. 2. Joosten E, et al. *Gerontology*, 1992;38:111-117. 3. Penninx B, et al. *Am J Med*. 2003;115:104-110. *Consult with a healthcare professional before beginning any type of nutritional supplement or medication.