

## Why is There Iron in Cardio Cocktail?

By Elizabeth Owings, MD

No one specifically put iron in Cardio Cocktail. It naturally occurs in the juices in very small amounts, and it occurs in the fulvic mineral mixture. So that you can make an informed decision about whether Cardio Cocktail is right for you, let me explain just exactly how much iron is there.

One ounce of Cardio Cocktail has 560 micrograms--this is just over 0.5 mg or milligrams. One-half a milligram in each ounce of Cardio Cocktail.

People with various conditions may be asked to limit their iron intake. But let's compare the iron in one ounce of Cardio Cocktail to some food sources.

Steak: One 2.5 ounce serving of beef has 2.4 mg (about 5 times more iron than one ounce of Cardio Cocktail). Now that's not very much beef at all! If you went to a restaurant and ordered a steak, and they brought you a 2.5 ounce steak, you would walk out! \*\*An 8 ounce steak contains 13 times more iron than one ounce of Cardio Cocktail.\*\*

Chicken: One 2.5 ounce serving of chicken has 0.9 mg of iron (almost twice as much as in one ounce of Cardio Cocktail).

For someone taking one ounce per day, the iron in Cardio Cocktail is less than the iron in even one 2.5 ounce serving of salmon (0.6mg).

Check out this link for more information on iron contents in various foods: <http://www.bchealthguide.org/healthfiles/hfile68d.stm>

I hope this information is helpful in making an informed decision.

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