

LUCKY IRON FISH®

Welcome
To The
Lucky Iron
Family !

A Simple Solution For Low Iron

The Lucky Iron Fish/Leaf was designed to make iron intake easier. Unlike other solutions for low iron, the Fish/Leaf does not cause any side effects such as nausea or constipation.





Boosting iron intake is as easy as 1-2-3

Simply drop it in any boiling liquid that is slightly acidified (such as soups, stews, or even water with citrus).



10 minutes later, the dish will be fortified with easily absorbable iron without impacting the taste!



Clinically proven to improve iron levels naturally

Clinical trials and Lab trials conducted by researchers from University of Guelph, Harvard University, and more, find that the Lucky Iron Fish/Leaf boosts stored and circulating iron when used regularly.





The Lucky Iron Fish/Leaf releases 6-8mg of iron per use.

The average daily recommended iron intake for adults is 8mg - 18mg (could be higher based on lifestyle and demographic).



Heme

1 use of  = 44 grams of liver 



1 use of  = 8 ounce steak 



1 use of  = 7 chicken or turkey breasts 

1 use of  = 600 grams of ham 



1 use of  = 100 grams of seafood 



Non Heme

1 use of  = 1/2 cup of tofu 

1 use of  = 3 1/2 cups of pumpkin seeds 

1 use of  = 10 cups of raw broccoli 

1 use of  = 8 cups of raw spinach 

1 use of  = 3 cups of boiled green peas 

source: USDA

Perfect for vegans & folks with other sensitivities

Since the Lucky Iron Fish/Leaf releases natural and easily absorbable iron, it is the preferred iron solution for those with dietary limitations or with digestion sensitivities like IBD, etc.





Foods to avoid with iron

As you showcase recipe ideas to your audience, keep in mind that iron absorption is inhibited by foods rich in calcium, caffeine, and/or tannins. So it is best to not pair dairy, coffee, or non-herbal teas with the Lucky Iron Fish.

Family-friendly Eco-friendly Wallet-friendly

The Lucky Iron Fish is made to last 1,800+ uses (that's 5 years of daily use)!

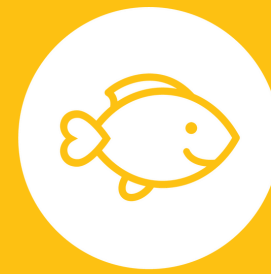
It is safe for children over 6 months and even for pregnant or breastfeeding women.





We Are On A Mission To End Iron Deficiency Globally

A portion of each sale is used to provide training and free units to undernourished communities locally and internationally.



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For recipes,
product tips,
and more
info, visit

www.luckyironfish.com

