

Women's Health

Dealing With Iron Deficiency

(NAPSA)—You can raise a glass to a source of iron that does not cause side effects—especially if that glass holds iron-rich spring water.

An estimated 35 percent of women in the first trimester of pregnancy suffer from iron deficiency—86 percent by the third.



Maintaining a healthy pregnancy may be easier with a form of iron with no side effects.

Often, women told to take iron supplements, however, find the side effects too unpleasant.

Fortunately, healthcare professionals are recommending a natural alternative that does not produce the unpleasant side effects normally associated with iron pills. Spatone Iron+ is a naturally occurring spring water. Because the iron is already in the solution, it's easily and quickly absorbed by the body and only small quantities are needed. The iron-rich spring water comes from the Trefriw Wells Spa in Wales.

Spatone is distributed by Sea-Band International and is now available at all Osco-Savon drug stores and at Walgreens.com. For more information about Sea-Band products, please visit www.sea-band.com.