

# Anemia

## Possible Causes and Contributing Factors:

- Poor diet
- Low stomach acid
- Inability to absorb Folic acid/B12
- Parasites
- Heavy menstruation
- Medication
- Food allergies

## Dietary Suggestions:

- Include in diet: apples, apricots, bananas, broccoli, egg yolks, kelp, leafy greens, parsley, peas, plums, prunes, purple grapes, raisins, rice bran, whole grains
- Soda, dairy, coffee, black tea are iron blockers

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