

Active Iron Sponsors Groundbreaking Research Project on Iron Deficiency and Anaemia in Pregnant Women

Active Iron, a leading iron supplement brand is proud to announce its sponsorship of a significant research project in collaboration with Ulster University. The project aims to explore the influence of higher body weight on the risk of iron deficiency and anaemia in women of reproductive age. The findings from this research will be instrumental in supporting women before and during pregnancy, helping identify those most at risk of low iron status and improving their overall health outcomes.

Dr. Mary McCann, Lecturer in Human Nutrition and Registered Nutritionist (RNutr) at Ulster University's School of Biomedical Science said

"We are thrilled to partner with Active Iron and embark on this vital research project. Our collaboration with Active Iron will allow us to explore the potential influence of higher body weight on the risk of iron deficiency and anaemia in women of reproductive age. Our findings will be invaluable in supporting women before and during pregnancy, identifying those most at risk of low iron status, and ultimately improving their overall health outcomes. Through this partnership, we aim to inform and support the nutritional requirements of women at this nutritionally demanding life stage and contribute to a healthier future for both mothers and their children."



Despite the dual health burden posed by overweight/obesity and anaemia in women of childbearing age, research on the short and long-term risk factors and health consequences is scarce. That is why Active Iron has partnered with Ulster University, specifically the esteemed Nutrition Innovation Centre for Food and Health (NICHE), within the School of Biomedical Science, to address this critical knowledge gap.

Research at NICHE aims to tackle chronic diseases related to ageing, obesity, cancer, heart disease, osteoporosis, and cognitive decline by investigating the impact of diet and food quality on the underlying mechanisms of disease and health maintenance. With Active Iron's sponsorship, the research project will have the necessary support to explore the underlying connections between body weight, iron deficiency, and anaemia in women of reproductive age. The insights gained from this collaboration will contribute to the development of effective strategies for identifying and supporting women at risk, particularly before and during pregnancy.



University College Dublin School of Medicine Professor and Pharmacist Mark Ledwidge who helped develop Active Iron said *"Active Iron's sponsorship of this research project exemplifies our dedication to advancing women's health and addressing the critical health challenges encountered during women's reproductive years. By providing support for this groundbreaking research, Active Iron is committed to empowering women, enhancing their overall health outcomes, and fostering a*

healthier future for both mothers and their children. Active Iron's innovative iron supplements will be utilised in the study to measure their impact on iron levels in pregnant women, further contributing to the understanding of effective strategies for identifying and supporting those at risk of low iron status."

ENDS

Active Iron is a groundbreaking iron supplement clinically proven to increase iron and energy levels, while uniquely helping to avoid the common side effects of iron (Ledwidge et al. 2021). With a range of products tailored to specific needs, Active Iron is dedicated to supporting women's health and overall wellbeing.

Dr Mary McCann, Registered Nutritionist (RNutr), graduated from Ulster University with a BSc Hons Human Nutrition, a Masters of Research and PhD in Nutrition. Mary currently holds the position of Faculty Partnership Manager in Life and Health Sciences and Lecturer in Human Nutrition within NICHE at Ulster University.

The School of Biomedical Science at Ulster University is proud to be a top 10 UK university for Biomedical Science (Guardian University Guide, 2023). In the area of Allied Health Professions, Ulster is ranked 5th in the UK for Research Power, with 100% of its Biomedical Research Environment considered World Leading or Internationally Excellent (REF, 2021). Keep up to speed with nutrition research at Ulster. Follow NICHE on social media.

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