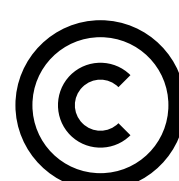


IRON



Marker	Optimal Range	What is means	When its low	When its high
Iron	10-30ml	This is the Iron in the blood that is currently actively being used by the body.	Not enough Iron for your cells to function.	This could indicate iron overload. Genetic condition hemochromatosis . Inflammation. Chronic illness or gut health issues.
Transferrin	2.0-3.6g/L	This is a protein that carries Iron. Think of this as the “Bus” that takes the iron into the blood to be used.	Liver problems. Chronic illness or inflammation → the body lowers transferrin when fighting long-term inflammation. Too much iron already, if storage (ferritin) and blood iron are high, your body doesn’t bother making many buses.	Transferrin increases when there is less iron to transport because the body is making more buses, hunting for iron..
Saturation	20-40%	This is how many “Irons” are loaded on to the bus to be taken	This means the “buses” are empty and you don’t have iron to transport.	This could indicate iron overload. Genetic condition - hemochromatosis . Inflammation. Chronic illness or gut health issues.
Ferritin	70-100ml	This is like your storage cage of Iron. Iron is stored in the liver.	Your storage cage is nearly empty means iron deficiency starting.	This could indicate iron overload. Genetic condition - hemochromatosis . Inflammation. Chronic illness or gut health issues.



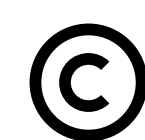
Vitamin C Gummies

INGREDIENTS:

- 2 tablespoons of Organic or Grass fed gelatin.
- 1 cup Freshly squeezed or Cold pressed juice.
- 1 tablespoon of honey.

INSTRUCTIONS:

- Place gelatin into juice and mix together in a saucepan to “bloom” the gelatin.
- Add 1 tablespoon of honey.
- Place saucepan on stove and heat slowly until gelatin is completely dissolved. Keep heat low and do not boil. Stir regularly.
- Pour into fun molds or a container and place in refrigerator to set.



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Notes:

- You can blitz berries or any fruit to use as liquid.
- The only juice that can't be used is pineapple - as the enzymes eat the gelatin.
- You can also add more honey if the gummy mix isn't sweet enough.
- Stir in vitamin C powder once off the stove to protect the vitamins. You can also roll the gummies in the powder to only make them sour on the outside.