

SCIENCE UPDATE

Pregnant?

You May Need More Iron Than You Think!

Pregnancy is a life stage where the human body's needs change drastically, and scientists are constantly finding ways in which those changes may be even more dramatic than previously thought. A woman's requirement for the essential nutrient iron increases by 50% during pregnancy – from 18 mg/day to 27 mg/day according to the [Institute of Medicine](#) – yet a [recent study suggests that the need for iron may be even higher, particularly during the later stages of pregnancy](#).

A group of pregnant women were given a prenatal multivitamin containing 27 mg/day of elemental iron for 16 weeks of pregnancy as part of a separate trial. Blood samples were taken before and after supplementation and tested for markers of iron status to determine the prevalence of iron deficiency and anemia among this healthy, pregnant population. Despite supplementing daily with iron during pregnancy, an astonishing 81% of the women were likely iron deficient (defined as serum ferritin <30 µg/L) when measured towards the end of pregnancy – despite consuming 100% of the iron RDA. The research team concluded that pregnant women may require additional iron beyond the 27 mg/day in order to meet requirements in later pregnancy.

The authors raise the concern that standard prenatal multivitamins might not be well suited to support iron requirements during pregnancy for a few reasons, including:

1. Doses of iron in prenatal multivitamins might be insufficient, with some prenatal multivitamins containing no iron at all.
2. Bioavailability of some iron forms may be limited and have the potential to be impacted by other nutrients such as calcium when consumed at high doses.



We know that [nearly 40% of pregnant women in the US don't get enough iron from their diet](#), even if you include dietary supplements. Are you looking to formulate a prenatal supplement product? Make sure that you're including iron to help support the health of both mom and baby, and make sure you're using a highly bioavailable form of iron. Ferrous Bisglycinate, the iron form used in Balchem's Ferrochel® has been shown to be [effective at preventing iron deficiency and iron deficiency anemia in pregnant women](#), even at relatively lower doses than commonly used iron salts such as ferrous sulfate.*

Interested in helping expecting moms meet their needs for iron to support their growing babies? Contact us today!

*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.

On the Move: Balchem's New Headquarters in Montvale, NJ

The Balchem team recently moved to our new headquarters in Montvale, NJ. This exciting upgrade features two floors of meeting spaces, a modern open floor plan design, and beautifully landscaped grounds in the heart of an emerging live-work-play community featuring a wide range of amenities nearby. We look forward to welcoming you to our new home in 2023!

Our new address: 5 Paragon Drive,
Montvale, NJ 07645



Image ©LoopNet

Balchem's Immunity Community Features Scientists, Marketers, Academics and Manufacturing Experts

We celebrated **National Zinc Day** on December 1st by launching the Balchem Immunity Community. This group of immune health experts weighed in on key wellness topics: from why chelates are beneficial for immunity, to how zinc works in the body, what the nutrient gaps are in the American population and how vitamin K2 supports immunity, too.*

Visit the [Balchem Immunity Community](#) and view the latest videos. Interested in joining our community? Message us here: hnh-marketing@balchem.com.

	<p>Anne Healy Founder of Insights to Grow On marketing consultancy</p> 		<p>Emily Ho PhD Endowed Chair and Director of the Linus Pauling Institute at Oregon State University</p> 
	<p>Jim Hyde SVP & General Manager, Balchem Human Nutrition & Health</p> 		<p>Eric Ciappio PhD, MS Strategic Development Manager Nutrition Science Balchem Human Nutrition & Health</p> 
	<p>Todd Blake Director of Manufacturing Production Balchem Human Nutrition & Health</p> 		<p>Marlena Hidlay Director of Marketing Communications Balchem Human Nutrition & Health</p> 



*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.

Congratulations to Jim Hyde on a Successful Career & Best Wishes for a Happy and Healthy Retirement

If you've been in the nutrition industry for a while, chances are you've met Jim Hyde. If you don't know Jim, here's what you've missed...

A 1986 graduate of the University of Utah College of Law, Jim's early career included Associate, Vice President and General Counsel roles at Parsons Behele & Latimer law firm and US Bank, respectively.

Jim transitioned into the nutrition industry in 1996 as the Vice President and General Counsel of Albion® Minerals. After a short while, Jim was appointed as the Chief Executive Officer, where he served for 16 years at the helm of the chelate pioneer.

Upon the acquisition of Albion® Minerals by Balchem in 2016, Jim was an integral part of the transition and was appointed as the Vice President and General Manager, Human Nutrition and Pharma. Here, he led several successful acquisitions and integrations, expanded the

sales and marketing teams and accelerated the business unit's growth. In 2020, Jim's role expanded to Senior Vice President & General Manager, Human Nutrition and Health. His dedication, vision and continuous ambition have been driving factors behind his many accomplishments personally and for Balchem.

Aside from his full-time job at Balchem, Jim also served fulfilling positions within the Council for Responsible Nutrition (CRN). He was the sitting Board Chairman from 2017-2019 and the immediate past Board Chairman from 2019-2021.

Jim has been an inspirational leader, mentor, colleague and industry friend. Please join us in wishing Jim a happy and healthy retirement! Thank you, Jim, for your service and your dedication to "always doing the right thing."





Happy Holidays From Balchem

Sending you warm wishes this holiday season. Thank you for your business and partnership in 2022. We look forward to another great year, alongside you.

Upcoming Events & Webinars

IDFA Orlando

January 22 - 25, 2023 | Orlando, FL | [Request a meeting with us](#)

IDFA Women Networking

January 23, 2023 | Orlando, FL | [Request a meeting with us](#)

International Production & Processing Expo (IPPE)

January 24 - 26, 2023 | Atlanta, GA | [Request a meeting with us](#)

Florida Section IFT Suppliers Night Expo

January 31, 2023 | Orlando, FL | [Request a meeting with us](#)

SMFM 43rd Annual Pregnancy Meeting Expo

February 8 - 10, 2023 | San Francisco, CA | [Request a meeting with us](#)

Sports & Active Nutrition Summit

February 15 - 17, 2023 | San Diego, CA | [Request a meeting with us](#)

Balchem Nutrition Collective

February 22, 2023 | Online

ASB BakingTECH

February 28 - March 2, 2023 | Chicago, IL | [Request a meeting with us](#)