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(71) Applicant *(for all designated States except US)*: **DRUGTECH CORPORATION** [US/US]; 300 Delaware Avenue - Suite 1270, Wilmington, DE 19801 (US).

(72) Inventors; and
(75) Inventors/Applicants *(for US only)*: **BORTZ, Jonathan, David** [US/US]; 8117 Stanford Avenue, St. Louis, MO 63130 (US). **KIRSCHNER, Mitchell, I.** [US/US]; 7235 Creveling Drive, St. Louis, MO 63130 (US). **HERMELIN, David, S.** [US/US]; 791 Bismark, St. Louis, MO 63122 (US).

(74) Agent: **WACHTER, Mark, F.**; Blackwell Sanders Peper Martin, LLP, 720 Olive Street, Suite 2400, St. Louis, MO 63101 (US).

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(54) Title: COMPOSITIONS INCLUDING IRON

(57) Abstract: Nutritional or dietary supplement compositions that promote and/or maintain dietary iron absorption through administration of iron with an organic acid and optionally similar iron absorption promoters are provided. Also provided are methods of nutritional or dietary supplementation using one or more compositions that promote and/or maintain health through the prevention, stabilization, reversal and/or treatment of disorders associated with iron deficiency.