

SKEPPSHULT

The Induction Master

www.skeppshult.com

**Adds iron for free!
Sensational – Isn't it!?**

"Skeppshult's Functional Cookwares"

Do you feel tired? Maybe iron deficiency is the cause.

Cook in Skeppshult's pure cast iron products and you add natural iron into your food, without giving any taste or smell. Texas Tech University, Department of Food and Nutrition*, point out in their scientific study that you add up to 5mg iron /100gr just by preparing your food in a pure cast iron product.

Easy and for free!

For example by preparing 100g scrambled eggs more than 3g iron will be added. For comparison to mention the expensive so called "functional food" products which are meant to add iron, often includes less.

Iron hard facts:

- Iron deficiency is today the most commonly disease in the developed countries.
- Nordic studies have shown that a third of women in fertile age have iron deficiency.

(source; www.lakarportalen.se)



Only pure cast iron products, as Skeppshult's, adds iron into your food.

Products that have some form of coatings such as enamel or other chemicals does not give any iron supplements.

*Research s. 897 – 901, av Helen C. Brittin, Ph.D., R.D., och Cheryl F. Nossaman, M.S. på *Department of Food and Nutrition, Texas Tech University, Lubbock.*

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Iron content of food cooked in iron utensils

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Eighteen of the 20 dishes contained more iron when cooked in iron vessels than when they cooked in non-ferrous containers. The percentage increase in iron content due to cooking in iron vessel varied for the 18 dishes from 8% for the fried tortillas to 2 536% of applesauce.

The conclusion is that cooking in iron vessels was significantly increased iron content of food.

For dishes with more moisture, more acid, and longer cooking time increased iron content more during cooking in iron vessels.

This means that the cooking vessel of iron could be used to increase iron content of food.

Research results are statistically significant.

	raw	cooked in non-iron utensil	cooked in iron utensil	increase in iron content From raw / non-iron utensil	increase in iron content From raw / cast iron utensil
spaghetti sauce	0,61	0,69	5,77	13%	846%
chili with meat and beans	0,98	1,28	6,27	31%	540%
scrambled egg	1,49	1,79	4,7	20%	215%
spaghetti sauce with meat	0,71	0,94	3,58	32%	404%
beef-vegetable stew	0,66	0,81	3,4	23%	415%
rice, white	0,67	0,86	1,97	28%	194%
pan-broiled bacon	0,77	1,29	1,92	68%	149%
fried chicken	0,88	1,37	1,89	56%	115%
pancakes	0,63	0,81	1,31	29%	108%
fried egg	1,92	1,84	3,48	-4%	81%
stir-fried green beans	0,64	0,69	1,18	8%	84%
pan-broiled hamburger	1,49	2	2,29	34%	54%
Poached egg	1,87	1,71	2,32	-9%	24%
fried potatoes	0,42	0,59	0,8	40%	90%

average

26%

237%