



Iron Complex

ESSENTIAL MINERAL

- Highly Bioavailable
- Non-Constipating
- With Vitamins & Herbs

100 Tablets

A Dietary Supplement
Vegetarian/Vegan



SUGGESTED USAGE: As a dietary supplement, take one tablet daily, preferably with meals.

Caution: Persons with diagnosed iron-deficiency anemia should consult their physician regarding higher intake of iron supplements.

We utilize the superior Albion Labs patented Ferrochel® Iron Chelate which research has demonstrated to be highly absorbed, well tolerated and non-constipating at recommended levels.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

Natural color variations may occur in this product.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/1440



CODE 1440T V3

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	45 mg	75%
Folate	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	830%
Iron (as 158 mg Ferrochel® Iron Bisglycinate)	27 mg	150%
Dong Quai (<i>Angelica sinensis</i>) (Root)	100 mg	†
Red Raspberry (<i>Rubus idaeus</i>) (Leaf)	100 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica and Magnesium Stearate (vegetable source).

Contains no sugar, yeast, wheat, gluten, soy, milk, egg or preservatives. Ferrochel® is a registered trademark of Albion Laboratories, Inc.