

NATURE'S BOUNTY®

Iron

28mg | (256 mg of Ferrous Gluconate)

Helps Maintain
Energy Utilization*

Promotes Red Blood
Cell Production*



1 PER
DAY
TABLET

Iron is a necessary component of hemoglobin, the oxygen carrier in the blood, and is also important for energy utilization. Ferrous Gluconate contains the iron your body needs for daily functioning.**

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Suitable for Vegetarians.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.



Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.

Carefully Manufactured by NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A. © 2012 Nature's Bounty, Inc.



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Iron 28 mg (from 256 mg of Ferrous Gluconate)	156%

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Vegetable Magnesium Stearate.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

100 tablets MINERAL SUPPLEMENT



Prod. No. 1200
B1201 11F