

Iron is a necessary component of hemoglobin, the oxygen carrier in the blood, and is also important for energy utilization.*

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.

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.

 **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.



Prod. No. 41383 B41141 03C

NATURE'S BOUNTY

Iron

65 mg | (325 mg Ferrous Sulfate)◇

**Helps Maintain
Energy Utilization***

**Promotes Red Blood
Cell Production***



100 tablets

MINERAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal and drink plenty of fluids.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Iron 65 mg (as Ferrous Sulfate)	361%

Ingredients: Dried Ferrous Sulfate 205 mg (equivalent to 325 mg Liquid Ferrous Sulfate which provides 65 mg elemental Iron per tablet), Vegetable Cellulose, Croscovidone. **Contains <2% of:** FD&C Blue No.1 Lake, FD&C Yellow No. 6 Lake, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Suitable for Vegetarians

◇**Please Note:** Dried Ferrous Sulfate 205 mg is equivalent to 325 mg Liquid Ferrous Sulfate, which provides 65 mg elemental iron per tablet.

No Artificial 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.

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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