

Iron is an essential part of hemoglobin, the protein substance which enables red blood cells to carry oxygen through the body.*
5% of Americans have inadequate intakes of iron.*

**Color Derived from Natural Source-No Synthetic Dyes
No Artificial Flavors • No Preservatives • No Yeast or Starch
Gluten Free**

SUGGESTED USE: Adults, for iron deficiency, take one tablet daily. For easier swallowing, take with water before and during ingestion. Taking with a meal may minimize the possibility of stomach upset. Keep bottle tightly closed. Store in a cool, dry place.

Do not use if imprinted seal under cap is broken or missing.

CAUTION: Iron supplements may interact with certain medications. If you are taking prescription medications, or are pregnant or nursing, consult your healthcare provider before taking this product.

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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Calcium (as Dibasic Calcium Phosphate) 18 mg	2%
Iron (as Ferrous Sulfate) 65 mg	361%

OTHER INGREDIENTS: Cellulose Gel, Croscarmellose Sodium, Hypromellose, Color Added, Magnesium Stearate, Polyethylene Glycol, Triethyl Citrate, Polysorbate 80.

Distributed by: **Nature Made Nutritional Products**, Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

*Each tablet contains 65 mg elemental iron equivalent to 325 mg ferrous sulfate heptahydrate.

*Mushfegh et al, 2005. What We Eat in America, NHANES 2001-2002. Usual Nutrient Intakes from Food Compared to DRI. USDA, ARS. USP has tested and verified ingredients, potency and manufacturing process. USP sets official standards for dietary supplements. www.uspverified.org

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Iron

65 mg

Equivalent to

325 mg Ferrous Sulfate[†]



Vital for
Red Blood Cell
Formation[†]

DIETARY
SUPPLEMENT
300 TABLETS

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List No. 1221 P200 Cat. A194 18017

ITEM #
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Lot:
Exp.: