

List No. 4056  
L200  
Cat. A194  
5A004



# Iron

65 mg  
Equivalent to  
325 mg Ferrous Sulfate<sup>†</sup>



DIETARY SUPPLEMENT  
**60 TABLETS**

Vital for  
Red Blood Cell  
Formation<sup>†</sup>

**†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 is an essential part of hemoglobin, the protein substance which enables red blood cells to carry oxygen through the body.<sup>†</sup> 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.**

## 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%

**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.

**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](http://www.NatureMade.com)

<sup>†</sup>Each tablet contains 65 mg elemental iron equivalent to 325 mg ferrous sulfate heptahydrate.

\*Moshfegh 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](http://www.uspverified.org)

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Lot.:  
Exp.: