

EVERYDAY VALUE

List No. 4079
L200
Cat. A194
5A004

Nature Made

Iron

65 mg
Equivalent to
325 mg Ferrous Sulfate[†]



Vital for
Red Blood Cell
Formation[†]

DIETARY SUPPLEMENT
260 TABLETS

†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.¹ 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

¹Each 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

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Lot.:
Exp.: