

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 capsule 2 to 3 times a day with food or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING



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.


VITAL
NUTRIENTS

Iron Plus C
20mg/200mg

DIETARY SUPPLEMENT
100 VEGETARIAN CAPSULES

Supplement Facts

serving size: 1 vegetarian capsule
servings per container: 100

	amount per serving	% daily value
Vitamin C (ascorbic acid)	200mg	333%
Iron (as iron aspartate)	20mg	111%

Other Ingredients: Cellulose, Vegetable Cellulose Capsule, Magnesium Silicate, and Ascorbyl Palmitate.

Raw materials and finished products are independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
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