



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Iron Citrate

Mineral Supplement

60 veggie capsules • 25 mg



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one veggie capsule per day with food and water.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. 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 Veggie Capsule

Amount Per Serving	% Daily Value	
Iron (from iron citrate)	25 mg	139%

Other ingredients: Microcrystalline cellulose (plant fiber), hypromellose (vegetable capsule), rice extract blend, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE **1-800-437-4148**
or visit our website at www.swansonvitamins.com



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