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ACTUAL SIZE

slow release
iron
45 mg

helps support energy utilization
and iron-rich blood**



30 TABLETS **DIETARY SUPPLEMENT**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



30
TABLETS

This product is an iron supplement for iron deficiency and iron deficiency anemia† when the need for such supplementation has been determined by a physician.

Supplement Facts

Serving Size 1 tablet

Amount Per Tablet	% Daily Value
Iron (elemental) 45 mg	250%

Ingredients: dried ferrous sulfate USP, dicalcium phosphate, microcrystalline cellulose, hypromellose, stearic acid, polyvinyl alcohol, magnesium stearate, polyethylene glycol, talc, silicon dioxide, titanium dioxide, FD&C red 40 aluminum lake, FD&C yellow 6 aluminum lake, FD&C blue 1 aluminum lake

Directions: Adults: Take 1 tablet daily, or as directed by a physician. Tablets must be swallowed whole. Not intended for use in children.

Store at controlled room temperature (59°-86°F).

†Iron deficiency is most common among women (approximately 12% of U.S. women).

Questions? Call 1-800-910-6874

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ENERGY METABOLISM**

Iron is an essential part of the blood's oxygen delivery system.** Iron is also important for energy metabolism and red blood cell production.**

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CAUTION: The treatment of iron deficiency anemia should be under the advice and supervision of a doctor. Do not take this product with other dietary supplements containing iron. This product is not intended for long-term use unless directed by a doctor. Consult your doctor before using this product if you are pregnant or nursing a baby. Since oral iron products may interfere with absorption of oral antibiotics (e.g. tetracycline), these products should not be taken within two hours of each other. Consult a doctor before use if you are taking any medication or have any medical condition. Occasional gastrointestinal discomfort (such as nausea) may be minimized by taking with meals. Iron products may occasionally cause constipation or diarrhea.

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.

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