Health Benefits: Supports women's health, energy, endurance, cognitive functions, and immune defense."

Verified free of corn, egg, gluten, milk, peanut, shellfish, and soy allergens by an independent lab.

No magnesium stearate, stearic acid, dioxides, sulfates, artificial ingredients, or preservatives.



GENTLE · PLANT-BASED · NON-GMO

Organic Iron Gold

18 mg • 60 organic veggie capsules

MINERAL SUPPLEMENT

Suggested Use: As a dietary supplement, adults take one (i) organic capsule daily, or as directed by a healthcare professional.

SUPPLEMENT FACTS

Serving Size: I organic capsule Amount Per Serving

(from organic, sprouted blend)

Whole-Food Iron

(organic amaranth [sprout], organic quinoa [sprout] organic millet [sprout], organic buckwheat [sprout]. organic garbanzo [sprout], organic lentil [sprout], organic

adzuki [sprout], organic flax [sprout], organic sunflower [sprout], organic pumpkin [sprout], organic chia [sprout] organic sesame [sprout], organic broccoli [sprout], organic curry [leaves]) Percent Daily Value is based on a 2,000 calorie diet

Daily Value not established

Other Ingredients: Organic veggie capsule (pullulan).

supplement if you are pregnant, breastfeeding, or taking any medications. Store in original container away from moisture and direct sunlight. Keep out of reach of children.

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Caution: Please consult a healthcare professional before taking this