

 Formulated by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Iron Extra™ promotes healthy iron stores and absorption with gentler forms of iron, Vitamin C and several key herbs. The inclusion of folate and Vitamin B-12 offer additional support.\*

Suggested Use: One (1) capsule daily. Iron products should be taken under the supervision of a physician. Also suitable for men.

**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.

Monitor blood glucose if using blood sugar lowering agents.

This product contains no: preservatives, binders, artificial colorings of flavorings, sugars, lactose, salt, wheat, gluten, soybeans, milk derivatives, eggs, peanuts, tree nuts, fish or shellfish.

Tamper resistant: please do not use if safety seal is broken or missing.

Keep in a cool, dry place out of reach of children.



Actual Size

 VITANICA® 



IRON EXTRA™

RBC SUPPORT\*

FORMULATED BY DR. TORI HUDSON  
Dietary Supplement  
60 Vegetarian Capsules

VITANICA® 12401 SW Leveton Dr., Tualatin, OR 97062 • www.vitanica.com

## Supplement Facts

Serving Size 1 Capsule, 60 servings per container

| Amount per Serving                                       |         | % Daily Value |
|----------------------------------------------------------|---------|---------------|
| Vitamin C (as calcium ascorbate, buffered)               | 500 mg  | 833           |
| Folate (as L-5 Methylfolate)                             | 400 mcg | 100           |
| Vitamin B12 (methylcobalamin)                            | 500 mcg | 8333          |
| Calcium (from calcium ascorbate)                         | 57 mg   | 6             |
| Iron (as aspartate, ferrous succinate, ferrous fumarate) | 25 mg   | 139           |
| Yellow dock root ~ Rumex crispus                         | 50 mg   | †             |
| Dandelion root ~ Taraxacum officinale                    | 50 mg   | †             |
| Nettles leaf ~ Urtica dioica                             | 30 mg   | †             |

† Daily Value not established

Other ingredients: Vegetarian capsule (cellulose and water), l-leucine.

Iron Extra™ is suitable for vegetarians and vegans.

\* 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.