

As a component of hemoglobin, iron is needed to carry oxygen throughout the body. Additional iron may be needed for menstruating women, individuals consuming limited animal protein, and vegetarians.*

This product contains 29 mg of elemental iron. By creating this supplement as a chelated mineral, our amino acid Chelated Iron is more easily and efficiently absorbed by the body†

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-719-0006

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 5. Keep this product out of reach of children. In case of accidental overdose, call a doctor immediately.

* 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.



Amino Acid

CHELATED IRON

29 mg

Promotes Healthy Red Blood Cells†

Dietary Supplement

90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

Amount Per Serving

% Daily Value

Iron (from amino acid chelate) 29 mg 161%

Other ingredients: modified cellulose gum, stearic acid (vegetable source), cellulose, silicon dioxide, dandelion, watercress, calcium stearate (vegetable source).

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN. VL 68 U



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