

LIQUID IRON

BLACKBERRY VANILLA



non-constipating ▼
gentle on the stomach ▼
energy production ▼

MINERAL

Dietary Supplement

8 fl. oz. (236.5 mL)

Supplement Facts

Serving Size 1 Teaspoon (5 mL); Servings Per Container About 47
Serving Size 1/2 Teaspoon (2.5 mL) for Children Under the age of 4
Servings Per Container About 95 for Children Under the Age of 4

	Amount Per Serving	Amount Per Serving for Children Under 4 Years of Age	% Daily Value	% Daily Value for Children Under 4 Years of Age
Calories	15	10		
Total Carbohydrate	3 g	1.5 g	1%†	1%‡
Iron (as Ferrous Bisglycinate Chelate)	10 mg	5 mg	56%	71%
Wild Crafted Yellow Dock Root (<i>Rumex crispus</i>)(root)	100 mg	50 mg	*	*

† Percent Daily Values are based on a 2,000 calorie diet.

‡ Percent Daily Values are based on a 1,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Vegetable glycerin, deionized water, blackberry juice concentrate, citric acid, vanilla natural flavor.

▼ 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.

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094
Visit www.vitaminshoppe.com or call 1-866-293-3367.

DIRECTIONS: Take one (1) teaspoon (5 mL), up to twice daily. Children ages 1-4, take ½ teaspoon (2.5 mL), up to twice daily. Shake well before use.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free



PARVE
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QUALITY PROMISE
LIQUID & TABLETS

Item No. VS-3662

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