



BEST BY
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ID# XXXXXXXX XX.XX



Supplement Facts

Amount Per Serving	% Daily Value
Serving Size 10 mL (2 Teaspoons)	Servings Per Container 25
Calories	10
Total Carbohydrate	2 g < 1%*
Total Sugars	1 g †
Incl. 1 g Added Sugars	3%*
Iron (from 98 mg of Ferrous Gluconate)	10 mg 56%
Sea Buckthorn fruit juice	100 mg †
Organic Star Anise pods extract	90 mg †
Organic Black Elderberry	49 mg †
(Sambucus nigra) fruit extract	
Acerola fruit extract	40 mg †
Organic Rice bran extract	40 mg †
Organic Beet root juice	20 mg †
Proprietary Extract Blend	2.4 g †
Organic Parsley leaf, Organic Stinging Nettle leaf, Organic Dandelion leaf, Organic Fenugreek seed, Yellow Dock root	

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Water, organic honey, citric acid and organic sweet orange peel essential oil.
Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712
Certified Organic by Oregon Tilth

SUGGESTED USE

Adults: 10 mL, 2 times daily. Children 6-12: 10 mL daily. Best taken within 30 minutes before meals.

Shake well before use. Refrigerate upon opening. Use contents within 4 months of opening. Do not drink from bottle. Discoloration, which does not impact product quality, may occur. If you are pregnant, have a medical condition or take medications, please consult with your doctor before use.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning of children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

* 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.
[101] 0119

Plant Force Liquid Iron®

Vegetarian formula supports healthy iron & energy levels*

Made with Sea Buckthorn, Beet root, Dandelion & Gaia-grown™ Nettle leaf

8.5 FL OZ (250 mL) HERBAL SUPPLEMENT



meetyourherbs.com

Gaia Herbs delivers unprecedented traceability by screening every product and sharing the results online. See for yourself, and learn more about your herbs, by entering the unique ID # below at meetyourherbs.com.

DAIRY-FREE
GLUTEN-FREE
YEAST-FREE



ID# XXXXXXXX
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PURITY - Keep it Clean

All products are screened for pesticides, microbes & heavy metals.

INTEGRITY - Keep it Real

See the proof at meetyourherbs.com, the world's first herb traceability platform.

POTENCY - Keep it Strong

Concentrated extracts provide a delicious & convenient way to get your daily dose of herbs.

Discover our Guiding Truths at:

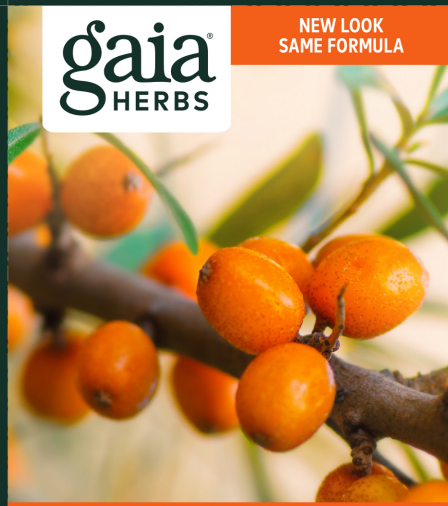
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[101] 0119



Plant Force Liquid Iron®

NEW LOOK
SAME FORMULA



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Made with Sea Buckthorn, Beet root, Dandelion & Gaia-grown™ Nettle leaf

Made with organic Honey

8.5 FL OZ (250 mL)
HERBAL SUPPLEMENT

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Serving Size 10 mL (2 Teaspoons)	Servings Per Container 25
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Total Carbohydrate	2 g < 1%*
Total Sugars	1 g †
Incl. 1 g Added Sugars	3%*
Iron (from 98 mg of Ferrous Gluconate)	10 mg 56%
Sea Buckthorn (Hippophae rhamnoides) fruit juice	100 mg †
Organic Star Anise (Illicium verum) pods extract	90 mg †
Organic Black Elderberry (Sambucus nigra) fruit extract	49 mg †
Acerola (Malpighia glabra) fruit extract	40 mg †
Organic Rice bran extract	40 mg †
Organic Beet (Beta vulgaris) root juice	20 mg †
Proprietary Extract Blend	2.4 g †
Organic Parsley (Petroselinum crispum) leaf, Organic Stinging Nettle (Urtica dioica) leaf, Organic Dandelion (Taraxacum officinale) leaf, Organic Fenugreek (Fenugreek) seed, Yellow Dock (Rumex crispus) root	

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Water, organic honey, citric acid and organic sweet orange peel essential oil.

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712

Certified Organic by Oregon Tilth
Each 10 mL dose contains 10 mg of elemental iron.

SUGGESTED USE

Adults: 10 mL, 2 times daily
Children 6-12: 10 mL daily
Best taken within 30 minutes before meals.

Shake well before using. Refrigerate upon opening. Use contents within 4 months of opening. Do not drink from bottle. Discoloration, which does not impact product quality, may occur. If you are pregnant, have a medical condition or take medications, please consult with your doctor before use.

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This carton is made from 100% recycled paperboard, and is one example of how Gaia Herbs makes conscious choices to keep our planet healthy. To learn more about our sustainability efforts, please visit gaiaherbs.com/sustainability.