

Plant Force Liquid Iron®

Vegetarian formula supports healthy iron & energy levels*

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

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ID# XXXXXXXX

Best By: XX.XX

DAIRY-FREE

GLUTEN-FREE

YEAST-FREE

R.

Through Gaia's industry-leading Meet Your Herbs®

traceability program, people can enter the ID

tests they underwent to validate their purity,

more by entering the unique ID # below at

integrity, and potency. See for yourself and learn

number located on the back of their Gaia Herbs product and learn where the herbs came from; how they were grown, harvested and extracted; and the

16 FL OZ (473 mL) HERBAL SUPPLEMENT



SUGGESTED USE

XX.XX

D# XXXXXXX

1987

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

Plant Force Liquid Iron®

Maintaining healthy iron levels is

vibrant, and healthy. *

essential to stay feeling energetic,

Iron is an essential mineral that enables

the blood to carry life-giving oxygen to

Gaia Herbs Plant Force Liquid Iron® is

herbs traditionally consumed to help

This great-tasting, vegetarian iron

easy-to-digest, and non-constinuting.*

Honey, Elderberry and Acerola provide a

lightly sweet taste as well as support overall health.* Appropriate for use by pregnant and breastfeeding women.

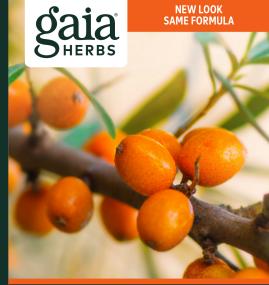
the cells and tissues of the body.*

made with nourishing foods and

botanicals including Beet root, Dandelion, and Gaia-grown™ Nettle -



Plant Force Liquid Iron®



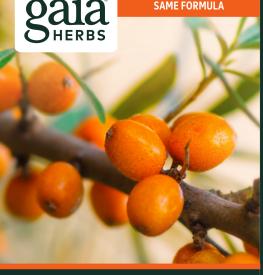
Plant Force Liquid Iron®

Vegetarian formula supports healthy iron & energy levels*

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

Made with organic Honey

16 FL OZ (473 mL) **HERBAL SUPPLEMENT**



PURITY - Keep it Clean

All products are screened for pesticides.

INTEGRITY - Keep it Real See the proof at meetyourherbs.com, the world's first herb traceability platform.

delicious & convenient way to get your daily dose of herbs.

Discover our Guiding Truths at:



gaiaherbs.com @gaiaherbs



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Supplement Facts

56%

90 ma

49 mg 40 ma

40 mg

20 ma

Serving Size 10 mL (2 Teaspoons) Servings Per Container About 47

Includes 1 g Added Sugars

Total Carbohydrate

Iron (from 98 mg of Ferrous Gluconate)

Organic Star Anise (Illicium verum) pods extract

Sea Buckthorn (Hippopha rhamnoides) fruit juice

Organic Black Elderberry (Sambucus nigra) fruit extract

Acerola (Malpighia glabra)

Organic Rice bran extract

Organic Beet (Beta vulgaris)

Proprietary Extract Blend

Organic Parsley (Petroselinum crispum) leaf, Organic Stinging Nettle (Urtica diaica) leaf, Organic Dandelion (Taraxacum officinale) lea Organic Fennel (Foeniculum vulgare) seed, Ye 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

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

Total Sugars

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

WARNING: Accidental overdose of iron-containing products is a leading cause of 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.

paperboard, and is one example of how keep our planet healthy. To learn more about our sustainability efforts, please visit gaiaherbs.com/sustainability.



microbes & heavy metals.

POTENCY - Keep it Strong

Concentrated extracts provide a



* 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.