



Plant Force Liquid Iron®

Vegetarian formula supports healthy iron & energy levels*

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

16 FL OZ (473 mL) HERBAL SUPPLEMENT

BEST BY XX.XX
ENTER D# at meetyourherbs.com
ID# XXXXXXXX



meetyourherbs.com

Through Gaia's industry-leading Meet Your Herbs® traceability program, people can enter the ID 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 tests they underwent to validate their purity, integrity, and potency. See for yourself and learn more by entering the unique ID # below at **meetyourherbs.com**.

DAIRY-FREE
GLUTEN-FREE
YEAST-FREE



ID# XXXXXXXX
Best By: XX.XX



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:



[@gaiaherbs](https://gaiaherbs.com)

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* 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.

Supplement Facts

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

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	< 1%*
Total Sugars	1 g	†
Includes 1g 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	†
Gambusia 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 Fennel 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.

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Sea Buckthorn

Plant Force Liquid Iron®

NEW LOOK
SAME FORMULA



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

Supplement Facts

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

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

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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 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.

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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.



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HERBAL SUPPLEMENT