

DIRECTIONS: Adults only: One tablet daily.
Do not exceed recommended dosage.
Occasional gastrointestinal discomfort (such as nausea) may be minimized by taking with meals. Iron-containing medication may occasionally cause constipation or diarrhea.

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.

DRUG INTERACTION PRECAUTION: Since oral iron products interfere with absorption of oral tetracycline antibiotics, these products should not be taken within 2 hours of each other.



Ferrous Sulfate

325 mg
IRON SUPPLEMENT

Each tablet provides 65 mg elemental iron from 325 mg ferrous sulfate

100 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value	
Calcium	20 mg	2%
Iron (as ferrous sulfate)	65 mg	360%

OTHER INGREDIENTS: Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, FD&C red #40 (Al-lake), FD&C yellow #6 (Al-lake), hypromellose, PEG 400, titanium dioxide

Distributed by: **Reliable 1 Laboratories LLC**
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Rev. 0715

Lot No.:

Exp. Date:

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