

Iron, folic acid, vitamins B6 and B12 -- all components of our **Iron Complex** -- are essential for formation of healthy red blood cells. Vitamin C works synergistically with these nutrients, supporting their assimilation. Our formula combines iron with these vitamins, providing a powerful supplement to support production of hemoglobin.[†]

This Iron Complex is manufactured using a state-of-the-art Prolonged Release beadlet system. Each capsule is designed to release nutrients in a controlled pattern (over approximately 3-6 hours) to promote optimal assimilation.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY.**

To report a serious adverse event, call 1-888-710-0006

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 center immediately.

[†]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.



VILLAGE
VITALITY

Prolonged Release Beadlets

Iron Complex 29 mg

Plus Essential Vitamins

Promotes Healthy Red Blood Cells

Dietary Supplement

30 CAPSULES



Distributed by:
Village Vitality, LLC • Saugerties, NY 12477

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	250 mcg	4167%
Iron (from ferrous fumarate)	29 mg	161%

Other Ingredients: Capsule (gelatin), cellulose, calcium beadlet, food glaze.

SUGGESTED USE: Take one capsule daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN. VL 519-30H