



ANCIENT NUTRIENTS

Iron

18mg Iron
Fermented Vitamin C
Adaptogenic Herbs
New Zealand Liver



WHOLE FOOD DIETARY SUPPLEMENT
30 CAPSULES

Suggested Use: Adults take 1 capsule per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin C*	25 mg	28%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	900 mcg DFE	225%
Vitamin B12 (as methylcobalamin)	20 mcg	833%
Iron**	18 mg	100%

Ancient Nutrients TCM Blend

+
Bovine Liver, Organic Dong Quai Root Extract, Beef Bone Broth, Chicken Bone Broth, Organic Chinese Peony Root Extract, Organic Bai-Zhu Atractylodes Root Extract, Organic Codonopsis Root Extract, Organic Astragalus Root Extract, Organic Reishi Mushroom Extract, Wild Hake Roe

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, gelatin.

CONTAINS: Hake. *Probiotic Fermented Nutrient **Enzyme Activated Mineral (6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**

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.

Do not use if product has been opened or tampered with in any way.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are otherwise under medical supervision. Store in a cool, dry place. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Contains no filler ingredients, artificial flavors, colors, sweeteners or preservatives.

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Manufactured for:



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