



1 in 10 US adult premenopausal women (ages 15-49y) are deficient in iron.

**SUGGESTED USE:** Adults, for iron deficiency, take 1 tablet daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

**Do not use if imprinted seal under cap is broken or missing.**

- ✓ No Synthetic Dyes - Color Derived from Natural Source
- ✓ No Artificial Flavors
- ✓ Gluten Free

## Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Iron (as Ferrous Sulfate) 65 mg	361 %

**CAUTION:** If you are pregnant, nursing, or taking medication, consult your physician before use.

**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.

**OTHER INGREDIENTS:** Cellulose Gel, Dibasic Calcium Phosphate, Croscarmellose Sodium, Hypromellose, Color Added, Magnesium Stearate, Polyethylene Glycol, Triethyl Citrate, Polysorbate 80.

**DISTRIBUTED BY:**

**Nature Made Nutritional Products**

West Hills, CA 91309-9903, USA

1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)

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USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org)

\*Each tablet contains 65 mg elemental iron equivalent to 325 mg ferrous sulfate heptahydrate.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lot :  
Exp.: