

gaia
HERBS

Plant Force Liquid Iron®

Vegetarian formula supports
healthy iron & energy levels*

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

8.5 FL OZ (250 mL) HERBAL SUPPLEMENT



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Supplement Facts

Serving Size 10 mL (2 Teaspoons)	Servings Per Container 25
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 (Sambucus nigra) fruit extract	49 mg †
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.

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.

* 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.

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Plant Force Liquid Iron®

Maintaining healthy iron levels is essential to stay feeling energetic, vibrant, and healthy.

Gaia Herbs *Plant Force Liquid Iron®* is made with nourishing foods and botanicals including Beet root, Dandelion, and Gaia-grown™ Nettle — herbs traditionally consumed to help maintain healthy iron levels.*

This great-tasting, vegetarian iron supplement is gentle on the stomach, easy-to-digest, and non-constipating.*



PURITY - Keep it Clean

All products are screened or 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:

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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 Honey

8.5 FL OZ (250 mL)
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 10 mL (2 Teaspoons)	Servings Per Container 25
Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	2 g <1%*
Total Sugars	1 g †
Incl. 1g Added Sugars	3%*
Iron (from 98 mg of Ferrous Gluconate)	10 mg 56%
Sea Buckthorn (Hippophae rhamnoides) fruit juice	100 mg †
Organic Star Anise (Illicium verum) pods extract	90 mg †
Organic Black Elderberry (Sambucus nigra) fruit extract	49 mg †
Acerola (Malpighia glabra) fruit extract	40 mg †
Organic Rice bran extract	40 mg †
Organic Beet (Beta vulgaris) root juice	20 mg †
Proprietary Extract Blend	2.4 g †
Organic Parsley (Petroselinum crispum) leaf, Organic Stinging Nettle (Urtica dioica) leaf, Organic Dandelion (Taraxacum officinale) leaf, Organic Fennel (Foeniculum vulgare) seed, Yellow Dock (Rumex crispus) 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
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 using. 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.



meetyourherbs.com

Gaia Herbs delivers unprecedented traceability by screening every product and sharing the results online. See for yourself, and learn more about your herbs, by entering the unique ID # below at meetyourherbs.com.

DAIRY-FREE
GLUTEN-FREE
YEAST-FREE



ID# XXXXXXXX
Best By: XX/XX

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