



# Plant Force Liquid Iron®

Vegetarian formula supports healthy iron & energy levels\*

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

16 FL OZ (473 mL) HERBAL SUPPLEMENT

BEST BY  
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ID# XXXXXXXX  
[102] 1119

| Supplement Facts                                                                                                  |                    |               |
|-------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Serving Size 10 mL (2 Teaspoons)                                                                                  |                    |               |
| Servings Per Container About 47                                                                                   |                    |               |
|                                                                                                                   | Amount Per Serving | % Daily Value |
| Calories                                                                                                          | 10                 |               |
| Total Carbohydrate                                                                                                | 2 g                | < 1%*         |
| Total Sugars                                                                                                      | 1 g                | †             |
| Includes 1 g 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.                                                                                    |                    |               |

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

## 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.



[meetyourherbs.com](https://meetyourherbs.com)

Through Gaia's industry-leading Meet Your Herbs® traceability program, people can enter the ID number located on the back of their Gaia Herbs product and learn where the herbs came from; how they were grown, harvested and extracted; and the tests they underwent to validate their purity, integrity, and potency. See for yourself and learn more by entering the unique ID # below at [meetyourherbs.com](https://meetyourherbs.com).

DAIRY-FREE  
GLUTEN-FREE  
YEAST-FREE



ID# XXXXXXXX  
Best By: XX/XX



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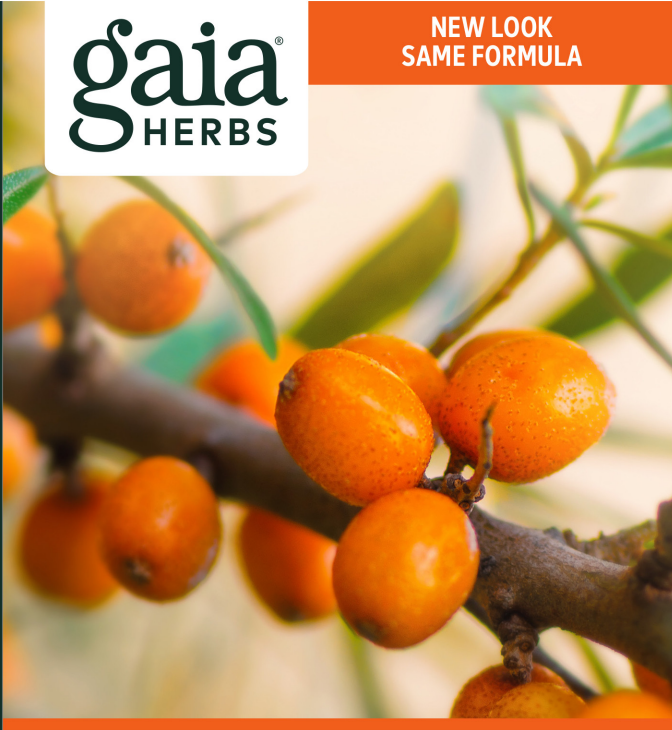
## Plant Force Liquid Iron®

Maintaining healthy iron levels is essential to stay feeling energetic, vibrant, and healthy.\*  
  
Iron is an essential mineral that enables the blood to carry life-giving oxygen to the cells and tissues of the body.\*  
  
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.\*  
  
Honey, Elderberry and Acerola provide a lightly sweet taste as well as support overall health.\* Appropriate for use by pregnant and breastfeeding women.



**PURITY - Keep it Clean**  
All products are screened for pesticides, microbes & heavy metals.  
  
**INTEGRITY - Keep it Real**  
See the proof at [meetyourherbs.com](https://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:  
[@gaiaherbs](https://gaiaherbs.com)



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

16 FL OZ (473 mL)  
HERBAL SUPPLEMENT

## Supplement Facts

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
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| 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.

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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](https://gaiaherbs.com/sustainability).