

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Iron	27 mg	150%
(from Koji Fermented Iron Sulfate, Ultimine™)		

DV = Daily Value

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Organic Rice Hulls, Organic Rice Extract Blend.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener and Color.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Carefully Manufactured by:
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Prod 30323
SOLGB10013 00A

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KOJI IRON 27MG

Every living organism requires iron for a number of essential functions. This trace mineral promotes normal red blood cell production, plays a key role in energy utilization and neurotransmitter synthesis* and is an important component of hemoglobin, the protein that carries oxygen needed to fuel cells. Getting the correct amount of iron is very important. Continued inadequate iron intake, if not carefully monitored can lead to iron deficiency anemia. In fact, recent U.S. Dietary Guidelines identify iron as a nutrient of concern for women of child bearing age.

Solgar® Food Fermented Koji Iron is different...delivering Ultimine™, a unique, patent pending form of slower-release iron. Koji Fermented iron is made by a natural process where iron is introduced into the Koji material and the iron is actually absorbed and stored by the Koji culture. Through this food-based fermentation, Solgar® Koji provides a slower released form of iron that is gentle to the stomach.*

*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.

Solgar's KOF-K certification #K-1250



EARTH SOURCE®
FOOD FERMENTED

KOJI IRON
27 MG

Unique, Patent Pending Ultimine™
Easy to Absorb*
Gentle on Your Stomach*



NON-GMO • GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS

30 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

KOJI IRON 27MG

Food Fermentation – Ancient Story

Solgar® Food Fermented Koji Iron contains 27 mg of iron nestled within the Koji through a natural fermentation process.

Strongly tied to Japanese culture for more than 2,000 years, Koji has long been used in the production of vinegar, soy sauce and miso. Koji, a Japanese term for “cultured grain,” is derived from a starter culture grown on rice. As the Koji matures and ferments, iron is introduced to the mix and becomes naturally stored within the cells of the Koji culture. It is later harvested to provide a gentle, enriched source of iron.*

Based on concerns over the potential fast rate of iron influx that may result in oxidative stress, a slow-release yet readily bioavailable source of iron is desirable.** This slower-release iron is clinically shown to have a slow and steady absorption rate into the blood stream compared to the most commonly used supplemental source of elemental iron.*

*as seen in one unpublished study (n=16)

Ultimine™ is a trademark of Cura Global Health, Inc.

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