

Suggested Usage: Take 1 capsule daily with a meal.

NOW® Iron Complex is a unique blend of Ferrochel™ Iron (a bioavailable form of iron) and its important co-nutrients combined with complementary botanicals. Iron is a mineral required for the formation of hemoglobin, a molecule that transports oxygen to the cells throughout the body in red blood cells.* Vitamin B-12 and folate are necessary for red blood cell production, while vitamin C is known to enhance iron absorption from the GI tract.* This vegetarian formula is well-tolerated and non-constipating and has been designed to maximize iron absorption and utilization by the body.*

*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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Caution: For adults only. Not intended for pregnant/nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.



CODE 1441 VI



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Iron Complex Caps

Essential Mineral

- Ferrochel™ Iron Bisglycinate
 - Gentle & Non-Constipating*
- ## 100 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	90 mg	100%
Folate	167 mcg DFE	42%
[100 mcg (65)-5-Methyltetrahydrofolate] [from Quatrefolic® (5S)-5-Methyltetrahydrolic Acid Glucosamine Salt]		
Vitamin B-12 (as Methylcobalamin)	55 mcg	2583%
Iron (from Ferrochel® Bisglycinate) (Ferrochel™)	27 mg	150%
Organic Dong Quai (Angelica sinensis) (Rhizome/Root)	50 mg	†
Red Raspberry (Rubus idaeus) (Leaf)	50 mg	†

† Daily Value not established.

Other Ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Silicon Dioxide and Stearic Acid (vegetable source).

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Ferrochel™ and the Aibion Gold Medalion design are trademarks of Aibion Laboratories, Inc.; Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by U.S. Patent 7,947,662.