

NUTRILITE® Iron Folic contains a unique blend of three iron sources, from bisglycinate, fumarate, and one of nature's richest plant sources of iron - mustard greens specially grown under controlled conditions. Vitamin C is added to increase absorption of iron fumarate and iron bisglycinate. Folic acid is included for its important benefits to women in their childbearing years and to support a healthy heart.[™] Plus, Iron Folic provides tailored use amounts for men and women so you can personalize your iron consumption. Iron Folic is certified Kosher and Halal.

[™]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 poisonings 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.

CHILDREN UNDER 12 YEARS OF AGE, PREGNANT WOMEN OR NURSING MOTHERS, OR ANYONE WITH A MEDICAL CONDITION SHOULD CONSULT WITH A PHYSICIAN BEFORE USING THIS PRODUCT. STORE IN A COOL, DRY PLACE. NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES ADDED.

1 TABLET, 1-3X A DAY

Iron Folic

Critical for Women in Childbearing Years⁸

DIETARY SUPPLEMENT



90 Tablets

NUTRILITE®

SUGGESTED USE: Women: Consume 1 to 3 tablets per day with meals, as needed. Men: Consume 1 tablet per day with meals, if needed.

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value*
Vitamin C (as Acerola powder, ascorbic acid)	30 mg	33%
Folate	340 mcg DFE (200 mcg folic acid)	85%
Iron (as ferrous bisglycinate, ferrous fumarate, mustard greens [leaf, stem])	10 mg	56%
Spinach dehydrate (leaf, stem)	35 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Lactose (Milk), Microcrystalline Cellulose, Maltodextrin, Sodium Carboxymethylcellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Magnesium Stearate, Glycerin, Carnauba Wax.



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