

Nutritional Support for Healthy Blood*

Free from artificial colors and preservatives. Free from all of the major allergens identified in the U.S. Food Allergen Labeling and Consumer Protection Act.

DIRECTIONS: As a dietary supplement, three softgels daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician 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.

Manufactured with LOVE ♥ for **NaturesPlus**
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Division of Natural Organics, Inc.

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PRODUCT NO. 37691



NaturesPlus® HEMA-PLEX®

Softgels

Iron with
Essential Nutrients for
**TOTAL BLOOD
HEALTH**

- 85 mg Elemental **Iron**
- Mild and Gentle
- Gluten Free

60 FAST-ACTING SOFTGELS | Dietary Supplement

Supplement Facts

Serving Size 3 Softgels

Servings Per Container 20

Amount Per Serving	% Daily Value
Calories.....	15
Calories from Fat.....	10
Total Fat.....	1 g <1%**
Vitamin C (Proprietary Esterified Complex – as ascorbyl palmitate, ascorbic acid, magnesium ascorbate, potassium ascorbate, zinc ascorbate).....	300 mg 333%
Vitamin E (as d-alpha tocopheryl acetate)..... (30 IU)	20 mg 133%
Thiamin (vitamin B1) (as thiamine HCl).....	25 mg 2083%
Riboflavin (vitamin B2).....	25 mg 1923%
Niacin (as niacinamide).....	50 mg NE 313%
Vitamin B6 (as pyridoxine HCl).....	25 mg 1471%
Folate (as folic acid)..... (400 mcg folic acid)	667 mcg DFE 167%
Vitamin B12 (as cyanocobalamin).....	1000 mcg 41,667%
Pantothenic Acid (as calcium pantothenate).....	25 mg 500%
Calcium (as amino acid chelate/complex).....	25 mg 2%
Iron (as ferrous bisglycinate chelate).....	85 mg 472%
Zinc (as monomethionine).....	5 mg 45%
Selenium (as amino acid complex).....	10 mcg 18%
Copper (as amino acid chelate).....	2 mg 222%
Manganese (as amino acid chelate/complex).....	5 mg 217%
L-Cysteine (free form amino acid).....	50 mg †
Proanthoplex (Proprietary Proanthocyanidin/ Bioflavonoid Complex: Lemon Bioflavonoids, Bilberry, Blackberry, Green Tea, Black & Red Raspberry)†	30 mg †
Beet (<i>Beta vulgaris</i>).....	15 mg †

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

†Daily Value not established. ‡See website for details.

Other ingredients: Sunflower oil, gelatin, glycerin, beeswax, lecithin, purified water, natural color, chlorophyll, spinach (*Spinacia oleracea* leaf), broccoli (*Brassica oleracea* floret), shattered cell wall chlorella and spirulina.