

**SoriaNatural®**  
EFFICACY AND QUALITY

# let's >>>® Iron up! Kids

ALL-NATURAL HERBAL BLEND TO HELP  
BOOST IRON DEFICIENCIES\*\*



5 fl. oz. (150 mL)

For  
ages 1+

Liquid Dietary Supplement

let's >>>®  
Iron up! Kids

## Supplement Facts

Serving Size 1 tsp (5 mL) (age 1-3 years) / Serving Size 2 tsp (10 mL) (age 4+ years)  
Servings Per Container 30 (age 1-3 years) / Servings Per Container 15 (age 4+ years)

|                                               | Age 1-3 years      |               | Age 4+ years       |               |
|-----------------------------------------------|--------------------|---------------|--------------------|---------------|
|                                               | Amount Per Serving | % Daily Value | Amount Per Serving | % Daily Value |
| Calories                                      | 12                 |               | 24                 |               |
| Total Carbohydrate                            | 3 g                | 2% ***        | 6 g                | 2%*           |
| Total Sugars                                  | < 1 g              | †             | †                  | †             |
| Added sugars                                  | < 1 g              | 2 %           | 1 g                | 2%            |
| Vitamin C (ascorbic acid)                     | 8 mg               | 53%           | 16 mg              | 18%           |
| Thiamin (as thiamine hydrochloride)           | 0.4 mg             | 80%           | 0.8 mg             | 67%           |
| Riboflavin                                    | 0.5 mg             | 100%          | 1 mg               | 77%           |
| Vitamin B <sub>6</sub> (as pyridoxine HCl)    | 0.5 mg             | 100%          | 1 mg               | 59%           |
| Vitamin B <sub>12</sub> (as cyanocobalamin)   | 0.8 mcg            | 89%           | 1.6 mcg            | 67%           |
| Iron (as ferrous gluconate)                   | 5 mcg              | 100%          | 10 mg              | 56%           |
| Sodium                                        | 4 mg               | 48%           | 8 mg               | < 1%          |
| Concentrated Stinging Nettle Extract (leaves) | 569 mg             | †             | 1138 mg            | †             |
| Concentrated Spinach Extract (leaves)         | 569 mg             | †             | 1138 mg            | †             |
| Concentrated Couch Grass Extract (root)       | 569 mg             | †             | 1138 mg            | †             |
| Concentrated Hibiscus Extract (flower)        | 569 mg             | †             | 1138 mg            | †             |
| Concentrated Fennel Extract (seed)            | 569 mg             | †             | 11                 |               |