

Complete H₂O Minerals

Iron is required for red blood cell, hemoglobin, and myoglobin formation. It aids in the transport of oxygen through the body via red blood cells and the storage of oxygen in the muscles.

Mixing Instructions: Mix with 8 to 10 ounces of juice or water.

In processing, FDA & GMP guidelines are observed and strictly followed.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.

MD12819

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Manufactured for:

Complete H₂O Minerals

1.877.MINERALS

(1.877.646.3725)

www.completeh2ominerals.com



**QUALITY PRODUCTS
FOR A QUALITY LIFE!**

IRON

CONCENTRATE

Dietary Supplement

NET WT. 16oz. 1pt. (473mL)

Complete H₂O Minerals

For best results, store in a cool, dark place and use within six months.

NOTE: Do not use if tamper seal is broken or missing.

Complete H₂O Minerals contain no fillers or artificial ingredients.

Recommended Dosage:

Adults: 1 Tsp 50 mcg

Children: 1/2 Tsp 25 mcg

or as recommended by a health care professional.

Supplement Facts

Serving Size 1 tsp. (5mL)

Servings Per Container 96

	Amount Per Serving	%DV*
Iron	50 mcg	0%

INGREDIENTS: PURIFIED WATER, (10 PPM ELEMENTAL IRON), BENZOIC ACID.

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



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