

IRON

Iron is an essential trace mineral for all humans. Without iron oxygen could not be transported to the body's tissue. The presence of iron is responsible for the red color of blood. Iron deficiency leads to decreased red blood cells (anemia). Muscles contain a red, iron-containing protein called myoglobin, which stores oxygen for muscle contraction. Vitamin-C, Vitamin-B¹², Vitamin-B⁶, and a copper supplement, can be taken to enhance the effectiveness of an Iron supplement.

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

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

Disclaimer: This product is not intended to diagnose, treat, prevent or cure any disease.

Manufactured for:

Complete H₂O Minerals

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www.completeh2ominerals.com



**QUALITY PRODUCTS
FOR A QUALITY LIFE!**

**ULTIMATE
IRON**

CONCENTRATE

Dietary Supplement

NET WT. 2oz. (60 mL)

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 mL	5 mg
Children:	0.5 mL	2.5 mg

or as recommended by a health care professional.

Supplement Facts

Serving Size 1 mL (25 drops) • Servings Per Container 60

	Amount Per Serving	%DV*
Iron Chloride	5 mg 23 mg	63% 1%

INGREDIENTS: PURIFIED WATER, IRON CHLORIDE (3000 PPM ELEMENTAL IRON).

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

