

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Caution: Children under 18 years should not take this product unless recommended by a physician. If G.I. upset, diarrhea or constipation occurs discontinue use and consult your physician. Don't take product more than 3 months unless directed by a physician.

Keep out of reach of children. Store in a cool, dry place.



Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662

*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.

Distributed by
BODSMITH
P.O. Box 513
Litchfield, MI 49252
www.bodsmith.com



036K238.060

BodSmith

Bis-glycinate Plus
An Iron Dietary Supplement
Containing Vitamin C, Vitamin
B12 and Quatrefolic® 5-MTHF*



Gluten Free
60 Vegetarian Capsules

Suggested Use for Adults (18 years and older): As a dietary supplement, take 1 capsule daily, with meals. Do not exceed more than 1 capsule daily unless directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	%Daily Value
Vitamin C (as Ascorbyl Palmitate) 100 mg	167%
Folate (as [6S]-5-methyltetrahydrofolic acid from 800 mcg of Quatrefolic® [6S]-5-methyltetrahydrofolic acid, glucosamine salt) 400 mcg	100%
Vitamin B12 (as Methylcobalamin) 400 mcg	6667%
Iron (as Fe Bis-Glycinate) 30 mg	167%

Other Ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetarian leucine.



0818