

QUALITY GUARANTEED

This product has been manufactured and packaged in strict conformance with industry and government standards.

Iron is essential to nutrition because it helps in the formation of red blood cells and in the transportation of oxygen to tissues. Iron is best absorbed when taken at a different meal time than calcium supplements.*

Directions: Adults take one tablet daily with a full glass of water as a nutritional supplement, preferably with a meal.

CAUTION: As with any drug, if you are pregnant or nursing a baby, seek the advice of a health professional before using this product. As oral iron products interfere with the absorption of oral tetracycline antibiotics, these products should not be taken within two hours of each other.

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

Store in a dry, controlled room environment.
Keep Out of the Reach of Children.

Nature's Measure™

Iron 18 mg

Dietary Supplement
A necessary component
of the blood*



30 TABLETS

FOIL - TAMPER RESISTANT SEAL
If printed heat induced seal appears to be tampered with, do not use product.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Iron 18 mg (Ferrous Sulfate)	100%

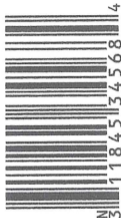
GUARANTEED NO ADDED:

Sugar, starch, yeast, soy, corn, wheat, dairy, gluten, egg, fragrance, artificial flavor or preservatives.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscopovidone, sodium lauryl sulfate, magnesium silicate, hypromellose, silica, polyethylene glycol, FD&C blue #2 lake, mineral oil, titanium dioxide, FD&C yellow #5 lake*, FD&C blue #1 lake, FD&C red #40 lake, FD&C yellow #6 lake and calcium sulfate.
*Contains FD&C yellow #5 lake (tartrazine) as a color additive.

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

LOT/EXP. DATE



Product #11279
DISTRIBUTED BY:
GREENBRIER INTERNATIONAL, INC.,
CHESAPEAKE, VA 23320
MADE IN USA
Questions? Comments?
1-888-860-5376