



### A Gentle, Non-Binding Iron System

**Complete Iron™ Mini-Tabs** provides Ferractiv® a highly bioavailable form of iron which gently works with the body to deliver iron without common side effects such as constipation.\*

**An ideal formula** for those who need to supplement iron to their diets, this may include athletes, pregnant women, vegetarians and dieters. Iron plays an essential role in energy production, cell development and immune health.\*

**Mineral-rich food base** of stinging nettles, prune, fig and raisins provide food-source minerals.

**Vitamin C and Ginger** enhance iron absorption and ease digestion.\*

**SUGGESTED USAGE:** 1 tablet with the morning meal.

**Purity Guarantee: VeganGuard®:** Free of animal products. 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and additives.

\* 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.

RAINBOW LIGHT®

# Complete Iron™ Mini-Tabs



Food-Based Formula

New!

Higher Potency Formula  
Bio-Available Ferractiv®  
Mineral-Rich Food Base

VeganGuard®

60 Tablets

Dietary Supplement

Bio-Available—Gentle on the Stomach

To open, press along perforation.

## Supplement Facts

Serving Size 1 Tablet

Servings per container: 60

|                                                                                          | Amount Per Serving | %DV  |
|------------------------------------------------------------------------------------------|--------------------|------|
| Vitamin C (as Ascorbic Acid)                                                             | 100 mg             | 167% |
| Iron (as Ferractiv® Amino Acid Chelate)                                                  | 30 mg              | 167% |
| Lemon Bioflavonoid Complex                                                               | 25 mg              | *    |
| Ginger [root] Juice Extract                                                              | 50 mg              | *    |
| Mineral Rich Fruit and Botanical Blend                                                   | 250 mg             | *    |
| Stinging Nettle [leaf] 4:1 Extract, Dried Plum (Prune) Powder, Fig Powder, Raisin Powder |                    |      |

\* Daily Value (DV) not established.

Other ingredients: (natural mineral or vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Contains soy. Coating: vegetable food glaze (hydroxy propyl methyl cellulose).



FERRACTIV®

Ferractiv® is a registered trademark of Biotron Labs

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

KEEP OUT OF REACH OF CHILDREN. Consult a health care practitioner prior to use if you are pregnant, lactating, taking medication or have a medical condition.

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