

SUGGESTED USE: Shake bottle gently before use. A measuring cup is provided. Take with food, a few hours before or after taking other medications or supplements.

Adults (including pregnant and lactating women) and Adolescents age 14+: Take 2 teaspoons (10 mL) twice daily.
Adolescents and children (age 4-13): Take 2 teaspoons (10 mL) once daily.

Store unopened bottle at room temperature.

KEEP REFRIGERATED AT ALL TIMES AFTER OPENING AND CONSUME WITHIN 4 WEEKS. This product contains neither alcohol nor preservatives. To preserve the product, return the bottle to the refrigerator after use. **After initial opening, replace with child resistant cap.** Keep out of reach of children. **Liquid iron may in some instances cause surface staining to teeth. Rinse mouth with water, or brush teeth immediately after consuming.**

CAUTIONS: Stop use if hypersensitivity occurs.

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.

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:
BEST BEFORE:

3018712A
MAY 2023



Flora Iron™

with B-Vitamin Complex

*Supports healthy iron and energy levels**

*Supports healthy red blood cell production**

**Easily Absorbed + Non-constipating +
Vegan + Yeast & Gluten-Free**

Liquid Formula
Dietary Supplement

15 fl. oz. (445 mL)

Supplement Facts

Serving Size 2 tsp (10 mL)

Servings Per Container about 44

	Amount Per Serving	% DV for Adults & Children 4+ years old	% DV for pregnant & lactating women
Calories	10		
Total Carbohydrates	2 g	<1%*	<1%*
Total Sugars	2 g	†	†
Includes 1 g of Added Sugars		2%*	2%*
Thiamin (Vitamin B ₁) (as thiamine hydrochloride)	1.1 mg	92%	79%
Riboflavin (Vitamin B ₂)	1.1 mg	85%	69%
Niacin (as niacinamide)	8 mg	50%	44%
Vitamin B ₆ (as pyridoxine hydrochloride)	1.3 mg	76%	65%
Vitamin B ₁₂ (as cyanocobalamin)	2.4 mcg	100%	86%
Iron (as ferrous gluconate)	9 mg	50%	33%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Filtered water, orange juice concentrate, pineapple puree, molasses, aqueous extract of spinach and anise, red beet juice crystals, acerola fruit juice powder, ascorbic acid, and citric acid.



MANUFACTURED BY: FLORA, INC., 805 E. BADGER RD., LYNDEN, WA 98264
WWW.FLORAHEALTH.COM • 1.800.446.2110 64742-RO1
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