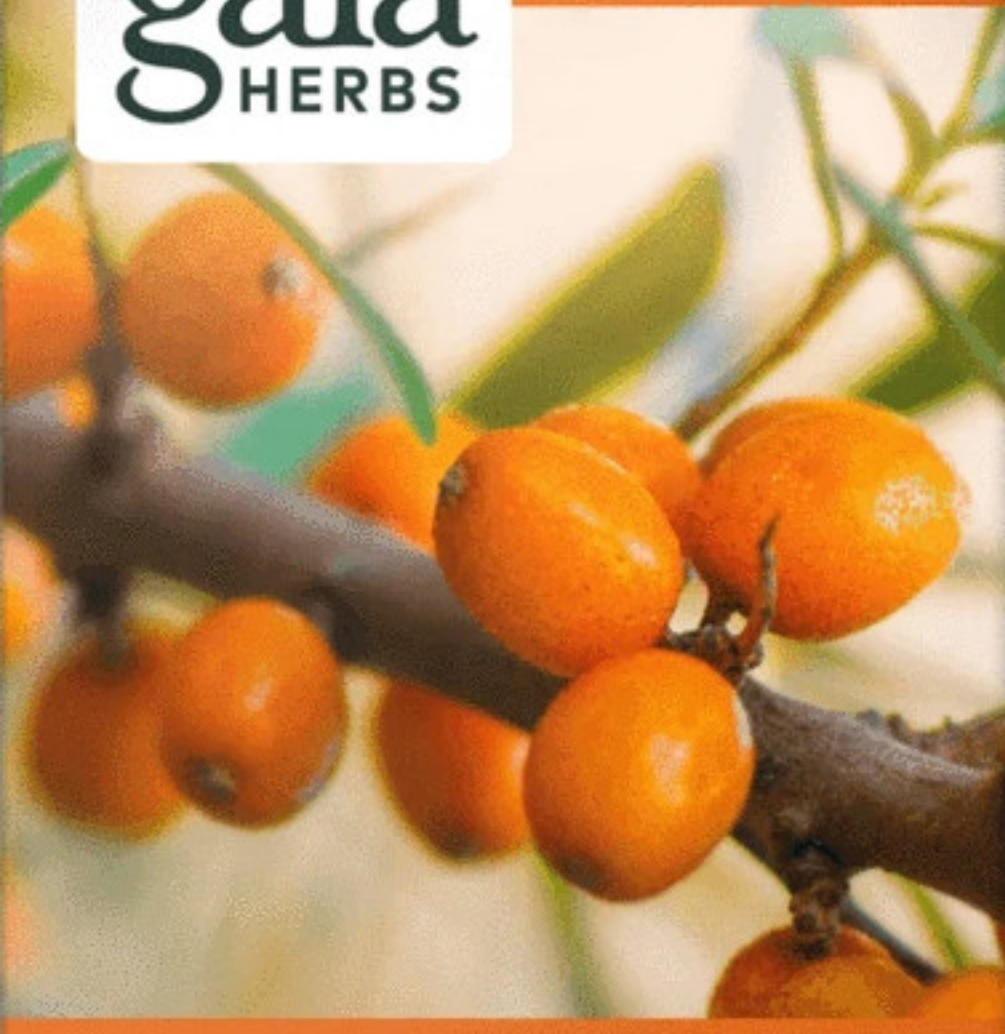


gaia
HERBS

NEW LOOK
SAME FORMULA



Plant Force Liquid Iron®

Vegetarian formula supports
healthy iron & energy levels*

Made with Sea Buckthorn,
Beet root, Dandelion &
Gaia-grown™ Nettle leaf

Made with Honey



8.5 FL OZ (250 mL)
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 10 mL (2 Teaspoons)
Servings Per Container 25

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	< 1%*
Total Sugars	1 g	†
Incl. 1 g Added Sugars		3%*
Iron (from 98 mg of Ferrous Gluconate)	10 mg	56%
Sea Buckthorn (<i>Hippophae rhamnoides</i>) fruit juice	100 mg	†
Organic Star Anise (<i>Illicium verum</i>) pods extract	90 mg	†
Organic Black Elderberry (<i>Sambucus nigra</i>) fruit extract	49 mg	†
Acerola (<i>Malpighia glabra</i>) fruit extract	40 mg	†
Organic Rice bran extract	40 mg	†
Organic Beet (<i>Beta vulgaris</i>) root juice	20 mg	†
Proprietary Extract Blend	2.4 g	†
Organic Parsley (<i>Petroselinum crispum</i>) leaf, Organic Stinging Nettle (<i>Urtica dioica</i>) leaf, Organic Dandelion (<i>Taraxacum officinale</i>) leaf, Organic Fennel (<i>Foeniculum vulgare</i>) seed, Yellow Dock (<i>Rumex crispus</i>) root		

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

† Daily Value not established.

Other ingredients: Water, organic honey,
citric acid and organic sweet orange peel
essential oil.

Manufactured for: Gaia Herbs, Inc.
101 Gaia Herbs Dr., Brevard, NC 28712

Each 10 mL dose contains 10 mg of elemental iron.

SUGGESTED USE

Adults: 10 mL 2 times daily

Children 6-12: 10 mL daily

Best taken within 30 minutes before meals.

Shake well before using. Refrigerate upon opening.

Use contents within 4 months of opening. Do not drink
from bottle. Discoloration, which does not impact
product quality, may occur. If you are pregnant, have
a medical condition or take medications, please
consult with your doctor before use.

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

This carton is made from 100% recycled
paperboard, and is one example of how
Gaia Herbs makes conscious choices to
keep our planet healthy. To learn more
about our sustainability efforts, please
visit gaiaherbs.com/sustainability.



meetyourherbs.com

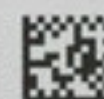
Gaia Herbs delivers unprecedented
traceability by screening every product
and sharing the results online. See for
yourself, and learn more about your
herbs, by entering the unique ID #
below at meetyourherbs.com.

DAIRY-FREE
GLUTEN-FREE
YEAST-FREE

Certified



Corporation



ID# XXXXXXXX

Best By: XX.XX

* 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.

Plant Force Liquid Iron®

Maintaining healthy iron levels
is essential to stay feeling
energetic, vibrant, and healthy.

Gaia Herbs *Plant Force Liquid
Iron®* is made with nourishing
foods and botanicals including
Beet root, Dandelion, and
Gaia-grown™ Nettle — herbs
traditionally consumed to help
maintain healthy iron levels.*

This great-tasting, vegetarian
iron supplement is gentle on
the stomach, easy-to-digest,
and non-constipating.*

Connecting
Plants & People™
SINCE 1987

PURITY - Keep it Clean

All products are screened
or pesticides, microbes &
heavy metals.

INTEGRITY - Keep it Real

See the proof at
meetyourherbs.com, the world's
first herb traceability platform.

POTENCY - Keep it Strong

Concentrated extracts provide a
delicious & convenient way to get
your daily dose of herbs.

Discover our Guiding
Truths at:



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