

Vegan. Contains NO: wheat • gluten • milk • lactose • tree nuts • peanuts • eggs • fish • shellfish.

#1 Trusted Natural Vitamin Brand[†]

**100% Recycled, 100% Recyclable,
BPA-Free Bottle.**

Please remove label to recycle bottle.
To open, press along perforation.

A potent formula featuring Ferractiv[®] iron, clinically shown to have fewer side effects, plus vitamin C to support iron absorption.* Many iron supplements contain ferrous sulfate, an inorganic iron form. Complete Iron is gentle and non-constipating, with an amino acid chelate form of iron that is easy for your body to absorb.*

• **Easy to absorb:** may promote normal hemoglobin levels sooner than ferrous sulfate*
Ferractiv[®] iron • vitamin C • lemon bioflavonoids

• **Gentle and non-constipating***
Ferractiv[®] iron • prune, fig & raisin powders

• **Aids digestion***
Ginger • Mineral Rich Fruit and Botanical Blend

SUGGESTED USAGE: Take one mini-tab daily, preferably with the morning meal.

* 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.

New Look,
Same
Formula!



Complete Iron[™] Mini-Tabs

 **Food-Based Formula**

Gentle, non-constipating formula*
High potency Ferractiv[®] iron*
Aids digestion with ginger*

Vegan | Gluten-Free
60 Mini-Tabs | Dietary Supplement

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): cellulose, stearic acid, modified cellulose, silica. Contains soy.

Coating: vegetable food glaze (hydroxy propyl methyl cellulose).

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.

Consult your health care practitioner prior to use if you are pregnant, lactating, taking medication or have a medical condition.

Formulated & Distributed by
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