

Heme Iron SAP™ helps to form red blood cells and helps in their proper function.\*  
Heme Iron SAP™ is a factor in the maintenance of good health.\*  
All ingredients listed for this product lot number have been tested by a third-party laboratory for identity, potency, and purity.

**Directions for use: Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your healthcare practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications, take this product a few hours before or after them. Consult a healthcare practitioner for use beyond 7 weeks. Consult a healthcare practitioner to monitor blood iron content.

**Contains no:** Gluten, soy, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavor or color, starch, or sugar.

**Cautions and warnings:** Consult a healthcare practitioner prior to use if you have a peptic ulcer, regional enteritis, or ulcerative colitis; or if you are using methyldopa or other iron-containing products; or if you are pregnant, breast-feeding, or have hemochromatosis, other types of anemia, repeated blood transfusions, or stomach/intestinal problems. Constipation, diarrhea, nausea, upset stomach and abdominal cramping may occur. Iron supplements can decrease the absorption of certain drugs and doses of such medications should be spaced as far as possible. This product may interfere with certain laboratory tests (testing for blood in stool), possibly causing false test results; make sure laboratory personnel and all doctors know you are taking this product.

**This product is non-GMO. Colour, size and smell may vary from one lot to another.**

**Do not use if seal is broken.**

● **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 your physician 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.



## Heme Iron SAP

Superior Absorption  
and Bioavailability\*

DIETARY SUPPLEMENT

nfh.ca

30 CAPSULES

## Supplement Facts

Serving Size: 3 Capsules

Servings: 10

	Amount Per Serving	% Daily Value
Vitamin C	270 mg	300%
Folate (from calcium L-5-methyltetrahydrofolate)	1700 mcg DFE	250%
Vitamin B <sub>12</sub> (from methylcobalamin)	1000 mcg	41667%
Iron (from heme iron polypeptide from porcine hemoglobin)	33 mg	183%

\*\* Daily Value not established.

**Other ingredients:** Vegetable magnesium stearate, microcrystalline cellulose and silicon dioxide in a vegetable capsule composed of vegetable hypromellose and purified water.

MADE IN CANADA  
NFH - NUTRITIONAL FUNDAMENTALS FOR HEALTH INC.  
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NFH-1118U

NPN 80068013



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