

SOURCE NATURALS®



# IRON SUPPORT™

GENTLE ON THE STOMACH\*

DIETARY SUPPLEMENT

180 TABLETS

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	60 mg	67%
Folate (as folic acid)	340 mcg DFE (200 mcg folic acid)	85%
Vitamin B-12 (as cyanocobalamin)	25 mcg	1,042%
Iron (as Ferrochel® bis-glycinate chelate †)	27 mg	150%

Other ingredients: dibasic calcium phosphate, microcrystalline cellulose, stearic acid, hydroxypropyl cellulose, modified cellulose gum, silica, and magnesium stearate

Iron is particularly important to vegans. While iron can be obtained from plant foods, it is not as efficiently absorbed by the body as iron from animal sources. **VEGAN TRUE® IRON SUPPORT™** contains ferrous bis-glycinate chelate, which research suggests may be more bioavailable than other forms of iron such as ferrous sulfate. Studies show that ferrous bis-glycinate chelate helps increase and maintain blood levels of iron, while being gentle to the stomach and intestines. Folic acid and vitamin B-12 have been included for additional support, along with ascorbic acid, which helps increase the absorbability of iron. **VEGAN TRUE IRON SUPPORT** does not contain any animal products or animal-derived ingredients.\*

**Directions:** 1 tablet daily. For use by adults only. Do not exceed the recommended dose.

Suitable for vegetarians and vegans.

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

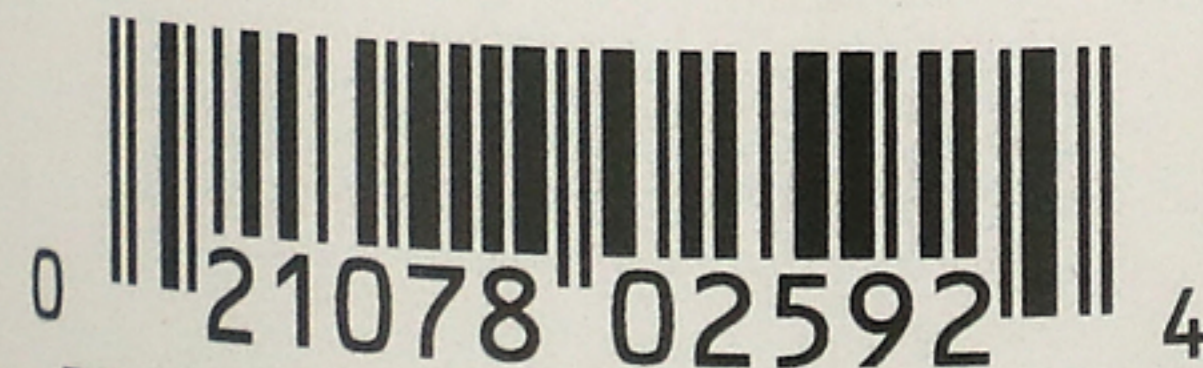
**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

Ferrochel® is a registered trademark of Albion Laboratories, Inc.  
†Chelate covered by Albion International, Inc.

**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 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.**

Manufactured for:  
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