

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts Serving Size 1 tablet

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	Amount per tablet	% Daily Value
Vitamin C (ascorbic acid, rosehip extract)	9.0 mg	15 %
Thiamin (thiamine hydrochloride)	0.63 mg	40 %
Riboflavin	0.72 mg	40 %
Niacin (niacinamide)	4.5 mg	25 %
Vitamin B ₆ (pyridoxine hydrochloride)	0.675 mg	35 %
Folic acid (folate)	180 µg	45 %
Vitamin B ₁₂ (cyanocobalamin)	1.35 μg	25 %
Iron (ferrous gluconate)	10.0 mg	60 %
Proprietary Blend	55 mg	
Dried mixed extract of spinach leaf, fennel seed, centaury (aerial parts)	carrot root,	
Rosehip extract		

† Daily Value not established

Other ingredients:

Microcrystalline cellulose, rice starch, maltodextrin, silicon dioxide, shellac, calcium stearate, palm kernel oil fatty acids, mono- & diglycerides of fatty acids, talc, polysorbate 80, glyceryl tristearate.

Recommended use:

Adults: Take 1 tablet 2 times daily before meals.

Take a few hours before or after taking medications.

Cautions:

Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if you are allergic to anethole or plants of the Apiaceae/Carrot family. Hypersensitivity or allergy has been known to occur; in which case, discontinue use.

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.