

Recommended Use: As a dietary supplement, take one (1) Gummy. Do not exceed 2 gummies per day.

Warning: Not recommended for children under 24 months. Consult a physician or qualified health care professional before using this product if you are pregnant or nursing, or if you have any medical condition, or if you are using any prescription drug. Store at 55° to 78°F in a dry place.

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.

Do not exceed recommended serving. Use only as directed. **KEEP OUT OF REACH OF CHILDREN.**



Free of gluten, egg, crustacean, fish, peanuts, nuts, milk & soy.

VITAMINFRIENDS.COM

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Certified Organic by Oregon Tilth



Made With Organic Tapioca



PROUDLY MADE IN
CALIFORNIA, USA



IRON

Vegan Gummies

supports
**body function
& good health***



Strawberry
flavor

**Iron, B-Complex,
Vitamin C, Biotin & Zinc**

dietary supplement

60 GUMMIES



Supplement Facts

Serving Size: 1 Gummy

Serving Per Container: 60

Amount Per Serving		% DV for	% DV for
		Children	Children
		1-3 yrs.	4-Adult*
Calories	8		
Total Carbohydrate	2 g	**	<1%
Sugars	2 g	**	**
Beta Carotene	37 mcg	12%	4%
Vitamin C (as Ascorbic acid)	15 mg	100%	17%
Vitamin B3 (Niacin)	2 mg	33%	13%
Vitamin B6 (as Pyridoxine HCl)	0.4 mg	80%	24%
Folic Acid	50 mcg	33%	13%
Vitamin B12 (as Cyanocobalamin)	0.34 mcg	38%	14%
Biotin	2 mcg	25%	7%
Vitamin B5 (Pantothenic Acid)	1 mg	50%	20%
Iron (as Ferrous Fumarate)	(15 mg)		
Elemental Iron Per Gummy	5 mg	71%	28%
Zinc	0.17 mg	6%	2%

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

** Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Water, Pectin, Citric Acid, Sodium Citrate, Natural Flavors, Organic Sunflower Oil, Organic Carnauba Wax.

* 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.