

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

DIRECTIONS: For adults, take two (2) tablets daily, preferably with meals.

Iron is a necessary component of hemoglobin, the oxygen carrier in the blood.* Iron is also important for energy utilization.* However, the amount of iron in the body is affected by many factors including physical attributes, food restriction, even exercise. As an important dietary source of iron, one serving of Iron All contains 38 mg of the iron your body needs each day for optimal functioning.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

Coated for ease of swallowing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF 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.

TO REORDER ITEM # 1911

www.puritan.com

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Carefully Manufactured by
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www.puritan.com

 **Puritan's Pride**

Iron All

Iron Plus Liver, B-Complex, Vitamin C

Promotes Energy Utilization*

100 tablets

Iron & Multivitamin
Supplement

Supplement Facts

Serving Size 2 Tablets

Serving Per Container 50

Amount Per Serving	%Daily Value
Vitamin C (as Ascorbic Acid)	67 mg 74%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	1.5 mg 125%
Riboflavin (Vitamin B-2)	3 mg 231%
Niacin (as Niacinamide)	0.5 mg 3%
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.017 mg <1%
Folate	18 mcg DFE 9% (11 mcg folic acid)
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%
Biotin (as d-Biotin)	0.5 mcg 2%
Pantothenic Acid (as d-Calcium Pantothenate)	0.045 mg <1%
Calcium (as Dicalcium Phosphate)	214 mg 98%
Iron (as Ferrous Gluconate)	38 mg 211%
Desiccated Liver	67 mg **
L-Lysine (as L-Lysine Hydrochloride)	20 mg **
Inositol	2 mg **
Choline Bitartrate	3.75 mg **
PABA (Para-Aminobenzoic Acid)	10 mcg **
Rose Hips	2 mg **

**Daily Value not established.