



ANCIENT
NUTRITION

ANCIENT NUTRIENTS

Iron

18mg Iron
Fermented Vitamin C
Adaptogenic Herbs
New Zealand Liver



WHOLE FOOD DIETARY SUPPLEMENT | 30 CAPSULES

Suggested Use: Adults take 1 capsule per day.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin C*	25 mg	28%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	900 mcg DFE	225%
Vitamin B12 (as methylcobalamin)	20 mcg	833%
Iron**	18 mg	100%

Ancient Nutrients TCM Blend

410 mg +
Bovine Liver, Beef Bone Broth, Chicken Bone Broth, Organic
Chinese Peony Root Extract, Organic Bai-Zhu Atractylodes Root
Extract, Organic Codonopsis Root Extract, Organic Astragalus
Root Extract, Organic Reishi Mushroom Extract, Wild Hake Roe

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, bovine gelatin.

CONTAINS: Fish (Hake). *Probiotic Fermented Nutrient **Enzyme Activated Mineral
(6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**

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.

CAUTION: If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement. Do not use if inner safety seal is broken or missing. **Keep out of reach of children.** Color and odor may vary from lot to lot. Store in a cool, dry place. **NOTICE:** Use this product as a food supplement only. Do not use for weight reduction.

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Manufactured for:



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