

Suggested Use: Take 1 teaspoon daily, with or without food. Best when taken as directed by a qualified healthcare professional.

Shake well before using.

Warnings: Keep out of reach of children. Pregnant or lactating women, the chronically ill, elderly, individuals under the age of 18, those taking prescription medications (e.g., blood thinners) as well as those with a physician-diagnosed medical condition should consult with a physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

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.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture.

California Gold Nutrition® is a registered trademark of Madre Labs, LLC

Manufactured for:

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Formulated Without:

- Gluten
- GMOs
- Soy

CALIFORNIA **GOLD** NUTRITION®

Iron

**NET 4 fl oz (118 mL)
Dietary Supplement**



Supplement Facts

Serving Size 1 tsp (5 mL)

Servings Per Container About 24

	Amount Per Serving	%Daily Value
Calories	15	
Total Carbohydrate	3 g	1%*
Iron (as Ferrous Bisglycinate Chelate)	10 mg	56%
Yellow Dock Root (<i>Rumex crispus</i>)	100 mg	†

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

† Daily Value not established.

Other Ingredients: Vegetable Glycerin, Deionized Water, Organic Blackberry Juice Concentrate, Citric Acid, and Natural Flavor.

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP compliant facility that may process other products that contain these allergens or ingredients.