

## Supplement Facts

Serving size: 1 Gelatin capsule

		% Daily value
Iron (as Ferrous Bisglycinate Chelate)	25mg	139%
Folic acid	400mcg	100%
Vitamin B12 (as Cyanocobalamin)	7.65mcg	128%
Vitamin C (as Ascorbic acid)	100mg	167%
Newzeland kelp	30mg	*
Chicory inulin	20mg	*

Other ingredients: Capsule (Gelatin), Rice flour.  
Contains NO sugar, salt, artificial colors or flavors.

\* Daily value not established

## Directions

The usual dose is 1 capsule per day or following doctor's instructions.

\* Safe for pregnant and nursing mothers, teenagers and adults.

## Caution

Keep out of reach of children. Contact doctors immediately in case of accidental overdose.

Do not use if outer seal or seal under cap is broken or missing. Store in a dry, cool place tightly closed.

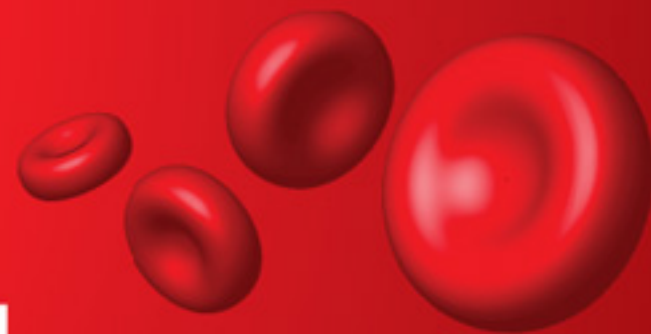


Everyday Health

DIETARY SUPPLEMENT

FOLIC ACID  
AND VIT B12, C

NZ -  
FE FORT  
INNOVATIVE IRON



High bioavailability  
Iron amino acid Chelate



New Zealand kelp  
and Chicory inulin

30 Capsules

Made in New Zealand  
from local and imported ingredients

Iron amino acid Chelate is a potent iron supplement that is extremely well tolerated by the gastrointestinal system.

Manufactured under GMP

## Manufacturer:

Everyday Health Ltd  
3,1 Kingford Smith Drive Ranglora, New Zealand  
[www.everydayhealth.nz](http://www.everydayhealth.nz)



Batch no:

230319

Best before:

03/2022

