

SUGGESTED USE:

As a dietary supplement, take 1 capsule daily with 8-12 oz of water or as directed by your healthcare professional.

- **THIRD PARTY TESTED†**
- **NON-GMO†**
- **GLUTEN-FREE†**

WARNING: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place.

**MADE AND QUALITY TESTED IN THE USA
WITH GLOBALLY SOURCED INGREDIENTS.**

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404849
NTC-3.22

nutricost®
WOMEN

Iron

**With Vitamin C, Folate,
& Vitamin B12**

65MG

PER SERVING

180

CAPSULES

180

SERVINGS

180 Capsules
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 180

Amount Per Serving		% DV*
Vitamin C (as ascorbic acid)	45mg	50%
Folate	200mcg DFE (120mcg folic acid)	50%
Vitamin B12 (as methylcobalamin)	500mcg	20,830%
Iron (as ferrous bisglycinate, ferrous fumarate)	65mg	360%

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

Other ingredients: Magnesium stearate (vegetable source), hypromellose (cellulose) capsule.

† 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.

