

swanson.com

or call 1-800-437-4148

- Plays a key role in production of red blood cells
- Supports the production of hemoglobin, the molecule that transports oxygen in the blood

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one veggie capsule per day with food and water.



WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Iron Citrate

Cellular Health

25 mg per capsule ACTIVE FORM

MINERAL SUPPLEMENT | 60 VEGGIE CAPSULES

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value	
Iron	25 mg	139%
(from iron citrate)		

Other ingredients: Microcrystalline cellulose (plant fiber), hypromellose (vegetarian capsule), magnesium stearate, silica.

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