

Suggested Usage: Take 1 capsule daily with a meal.

NOW® Iron Complex is a unique blend of Ferrochel™ Iron (a bioavailable form of iron) and its important co-nutrients combined with complementary botanicals. Iron is a mineral required for the formation of hemoglobin, a molecule that transports oxygen to the cells throughout the body in red blood cells.* Vitamin B-12 and folate are necessary for red blood cell production, while vitamin C is known to enhance iron absorption from the GI tract.* This vegetarian formula is well-tolerated and non-constipating and has been designed to maximize iron absorption and utilization by the body.*

*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.

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

Caution: For adults only. Not intended for pregnant/nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.



CODE 1441 V2



Iron Complex Caps

Essential Mineral

- Ferrochel™ Iron Bisglycinate
 - Gentle & Non-Constipating*
- ## 100 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	90 mg	100%
Folate	170 mcg DFE	43%
[100 mcg (6S)-5-Methyltetrahydrofolate] [from Quatrefolic® (6S)-5-Methyltetrahydrofolic Acid Glucosamine Salt]		
Vitamin B-12 (as Methylcobalamin)	50 mcg	2083%
Iron (elemental) (from 135 mg Ferrous Bisglycinate) (Ferrochel™)	27 mg	150%
Organic Dong Quai (<i>Angelica sinensis</i>) (Rhizome/Root)	50 mg	†
Red Raspberry (<i>Rubus idaeus</i>) (Leaf)	50 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Silicon Dioxide and Stearic Acid (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Ferrochel™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc.; Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by U.S. Patent 7,947,662.