

MegaFood's Iron Energy gummies support your energy levels from within with the power of iron and B vitamins to promote red blood cell and cellular energy production\*. Each gummy is thoughtfully crafted to cater to the diverse iron needs of the whole family.

This bottle is made from 100% recycled plastic and this product's primary packaging is certified Plastic Neutral, which means for every ounce of plastic generated, our partner Repurpose Global removes an equivalent amount of verified nature-bound plastic waste. Satisfaction guaranteed or your money back.

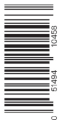
Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Do not use if seal under cap is broken or missing.

\*Contains 4 mg of iron as iron bisglycinate, which may be gentler on the stomach than other forms of iron.

\*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



Learn about our seals: [megafood.com/standards](http://megafood.com/standards)



NET: 1.8/23 (4898)

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KIDS  
TEENS  
ADULTS

MegaFood®

IRON  
ENERGY

3-IN-1 ENERGY SUPPORT  
FROM IRON, VITAMIN B6 & B12\*

Formulated to be gentle on the stomach†

Strawberry flavor with other natural flavors

60 GUMMIES  
60 SERVINGS

DIETARY SUPPLEMENT



**Suggested Use:** Children 4 and older, take 1 gummy per day. Teens and adults, take one gummy up to 3 times per day.

## Supplement Facts

Serving size 1 gummy Servings per container 60

Amount per serving	%DV
Calories 8	
Total carbohydrate 2 g	<1%*
Total sugars 1 g	**
Includes 1 g added sugars	2%*
Vitamin B6 (as Pyridoxine hydrochloride) 0.6 mg	33%
Vitamin B12 (as Methylcobalamin) 10 mcg	416%
Iron (as Fermented iron bisglycinate) 4 mg	22%
Sodium 10 mg	<1%

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

\*\* Daily Value not established

**Other Ingredients:** Organic tapioca syrup, organic sugar, pectin, organic acerola fruit powder, citric acid, organic fruit and vegetable juice (for color), natural flavor, sunflower oil, carnauba wax.

MADE FOR MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA  
MEGAFOOD.COM • 800.848.2542 • PRODUCT OF GERMANY

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

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