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

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Caution: Children under 18 years should not take this product unless recommended by a physician. If G.I. upset, diarrhea or constipation occurs discontinue use and consult your physician. Don't take product more than 3 months unless directed by a physician.

Keep out of reach of children. Store in a cool, dry place.

*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.





POWER IRON™

AN IRON DIETARY SUPPLEMENT CONTAINING VITAMIN C, VITAMIN B12 AND FOLATE*







60 CAPSULES

Suggested Use for Adults (18 years and older): As a dietary supplement, take 1 capsule daily, with meals. Do not exceed more than 1 capsule daily unless directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving	% Daily	Value
Vitamin C (as Ascorbyl Palmitate) 100 mg)	111%
Folate (as L-Methyltetrahydrofolate		
Calcium) 400 mcg DFE	- 4	100%
Vitamin B12 (as Methylcobalamin) 400 m	cg 16,	667%
Iron (as Fe Bis-Glycinate) 30 mg		167%

Other Ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.