

### ENERGY METABOLISM\*

Iron is an essential part of the blood's oxygen delivery system. Iron is also important for energy and proper muscle function.\*

**WARNING:** Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

**WARNING:** High dosage iron is not recommended for everyone. Please consult your health care provider before use.

**WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.**

**SAFETY-SEALED. DO NOT USE IF PRINTED SEAL UNDER CAP IS CUT, TORN, OR MISSING.**

\*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.

FRESHNESS AND POTENCY GUARANTEED THROUGHOUT



ACTUAL SIZE

# iron

## 65 mg

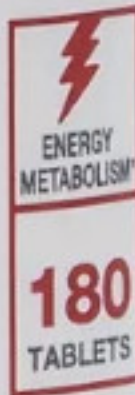
iron is essential for hemoglobin formation\*



### 180 TABLETS

## DIETARY SUPPLEMENT

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ENERGY METABOLISM\*

180 TABLETS

IRON

Directions: Adults, take one tablet daily with food as a dietary supplement.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Iron 65 mg	361%

Ingredients: Ferrous Sulfate, Sorbitol, Povidone, Microcrystalline Cellulose, Croscopovidone. Contains 2% or less of carnaub wax, FD&C blue no. 1 lake, FD&C yellow no. 6 lake, hydroxypropyl methylcellulose, magnesium stearate, polydextrose, polyethylene glycol, polyvinyl alcohol, silicon dioxide, taic, titanium dioxide (color).

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Made in China. Packaged and Quality Assured in the USA.

Keep out of reach of children.

Store at 15° - 30°C (59° - 86°F).

Tablet color may vary.

**GLUTEN FREE**

Questions? Call 1-800-910-6874