

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

**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.

\*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.

**TO REORDER ITEM # 26214**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured for  
**PURITAN'S PRIDE, INC.**  
Ronkonkoma, NY 11779 U.S.A.  
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B12946 00A



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**Puritan's Pride**

**IRON**  
**15 mg**

*with Vitamin C*

*Vitamin C Promotes Iron Absorption\**

**30 CAPSULES**

DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) capsule daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Vitamin C (as Ascorbic Acid)	175 mg	194%
Iron (as Iron Glycinate and Iron Aspartate)	15 mg	83%

Other Ingredients: Vegetable Cellulose, Ascorbyl Palmitate.

**Non-GMO, Gluten Free, No Artificial Color, Flavor or Sweetener, No Sugar, No Milk, No Lactose, No Soy, No Wheat, No Fish. Suitable for Vegetarians.**