

NaturesPlus.
HEMA-PLEX
Iron
Chewables

with Essential Nutrients for
HEALTHY RED BLOOD CELLS

- ▶ Easy On The Stomach
- ▶ High Potency Iron
- ▶ Proven Results

Delicious
MIXED BERRY
flavored
with other natural
flavors



Unique synergistic nutritional
support complex with over 25 years
of proven results and millions of satisfied customers



60 CHEWABLE TABLETS | **Dietary Supplement**

DIRECTIONS: As a dietary supplement, take three chewables daily.

Supplement Facts	
Serving Size 3 Chewables Servings Per Container 20	
Amount Per Serving % Daily Value	
Calories	15
Total Carbohydrate	4 g 1% **
Total Sugars	3 g †
Includes 3g Added Sugars	
Vitamin C (as ascorbic acid)	180 mg 200%
Vitamin E (as d-alpha tocopheryl acetate)	15 mg (22.5 IU) 100%
Thiamin (vitamin B1) (as thiamine hydrochloride)	2.25 mg 188%
Riboflavin (vitamin B2)	2.55 mg 196%
Niacin (as niacinamide)	15 mg NE 94%
Vitamin B6 (as pyridoxine HCl)	3 mg 176%
Folate (as calcium-L-5-methyltetrahydrofolate)	667 mcg DFE (400 mcg L-methylfolate) 167%
Vitamin B12 (as methylcobalamin)	1000 mcg 41,667%
Pantothenic Acid (as calcium pantothenate)	7.5 mg 150%
Calcium (as amino acid chelate)	75 mg 6%
IRON (as ferrous fumarate)	85 mg 472%
Zinc (as monomethionine ***)	9 mg 82%
Selenium (as amino acid chelate)	30 mcg 55%
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Continued on back of label.

Free from the common allergens milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts and soybeans.

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 physician or poison control center immediately.

OptiZinc®

***OptiZinc® is a Lonza trademark, registered in USA.

Methionine-bound zinc complex.

Manufactured with LOVE ♥ by NaturesPlus

9500 New Horizons Blvd., Amityville, NY 11701, USA

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PEEL HERE

PRODUCT NO. 3768



LBL 1142090

Other ingredients: Natural sweeteners (non-GMO cane sugar, fructose), micro-crystalline cellulose, stearic acid, natural flavors, natural color (beet juice), magnesium stearate, organic stevia (rebaudioside A, stevioside) and silica.

Manganese (as amino acid chelate)	4 mg	174%
Beet (<i>Beta vulgaris</i>)	45 mg	
Proanthoplex – Proprietary Proanthocyanidin/ Bioflavonoid Complex: Bioflavonoids (from <i>Citrus limon/sinensis</i> whole fruit), Red Raspberry (<i>Rubus idaeus</i> fruit), Bilberry (<i>Vaccinium myrtillus</i> fruit), Wild Black Raspberry (<i>Rubus occidentalis</i> fruit seed), Green Tea (<i>Camellia sinensis</i> leaf)	10 mg	†
L-Glutamine (free form amino acid)	10 mg	†
** Percent Daily Values are based on a 2,000 calorie diet † Daily Value not established.		
***OptiZinc		