

Sweet mama,

During my first pregnancy my doctor kept telling me that I was just barely making the cut with my iron levels. He'd joke that I should "eat a burger" and I usually took that to heart and drove straight to get one. By my 3rd trimester, my husband would find me sitting on the couch chomping away at ice and say, "Is this normal?" Looking back, I definitely would have benefitted from an iron supplement, but I just didn't realize how important it was. So, as we thought about supplements, iron was at the top of our list of priorities, and the best thing about ours is that it's customizable. You may have times that you need 2 capsules, sometimes just 1, and maybe you'll have times you won't need it at all. Know that every little thing you do to make your body a beautiful place for your baby to grow is a way that you are connecting with your precious baby.

♥ *Christin*

Owner of We Heart Nutrition & Mama of 4



WE HEART NUTRITION™

WHOLESOME SUPPLEMENTS

Wholesome Iron

DIETARY SUPPLEMENT



60 CAPSULES

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Capsule	%DV for Pregnant and Lactating Women
Iron (as ferrous bisglycinate)	13.5 mg	50%

Other Ingredients: Rice flour, Vegetarian capsule (hydroxypropylmethylcellulose, water)
Manufactured for We Heart Nutrition, Inc. Tulsa, OK 74120 | 1-888-238-0122

Directions: Take 1 capsule, 1-2 times per day, preferably with food, or as directed by your healthcare practitioner.

Store in a cool, dry place away from direct sunlight.

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.

CAUTION: As with all supplements, consult your physician before use if you are pregnant, nursing, have a medical condition, are taking any medications, or are planning any medical or surgical procedures. Keep out of the reach of children.

When we began dreaming about starting a line of supplements for families, the word "wholesome" kept coming to mind. We knew we wanted to use the best, premium ingredients, but we also wanted to be a company that upheld traditional, wholesome values. So for us, being wholesome doesn't just mean that our supplements are high quality, but also that we are a company mamas can trust. Premium ingredients, trustworthy values, wholesome supplements from our family to yours.