



NaturesPlus. HEMA-PLEX[®] Iron Tablets

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

with Essential Nutrients for
HEALTHY RED BLOOD CELLS



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

60 SLOW-RELEASE TABLETS | Dietary Supplement

DIRECTIONS: As a dietary supplement, one tablet daily or as directed by your qualified healthcare practitioner.

Supplement Facts		
Serving Size 1 Tablet	Amount Per Serving	% Daily Value
Vitamin C (Proprietary Esterified Complex – as ascorbic acid, ascorbyl palmitate, magnesium ascorbate, potassium ascorbate, zinc ascorbate)		
	300 mg	333%
Vitamin E (as d-alpha tocopheryl acetate)		
	20 mg (30 IU)	133%
Thiamin (vitamin B1) (as thiamine HCl)		
	25 mg	2083%
Riboflavin (vitamin B2)		
	25 mg	1923%
Niacin (as niacinamide)		
	50 mg NE	313%
Vitamin B6 (as pyridoxine HCl)		
	25 mg	1471%
Folate (as calcium-L-5-methyltetrahydrofolate) (400 mcg L-methylfolate)		
	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)		
	500 mcg	20,833%
Pantothenic Acid (as calcium pantothenate)		
	25 mg	500%
Calcium (as amino acid chelate/complex)		
	25 mg	2%
Iron (as amino acid chelate/complex)		
	85 mg	472%
Zinc (as monomethionine**)		
	5 mg	45%
Selenium (as amino acid complex)		
	10 mcg	18%
Copper (as amino acid chelate)		
	2 mg	222%
Manganese (as amino acid chelate/complex)		
	5 mg	217%
L-Cysteine (free form amino acid)		
	50 mg	†
Proanthoplex Proprietary Proanthocyanidin/Bioflavonoid Complex: Bioflavonoids (from <i>Citrus</i> spp. fruit and peel), Red Raspberry fruit, Black Raspberry fruit, Green Tea leaf, Bilberry fruit		
	25 mg	†
Beet (<i>Beta vulgaris</i>)		
	15 mg	†
Bioperine*** (<i>Piper nigrum</i> fruit extract) (2.37 mg piperine)		
	2.5 mg	†
† Daily Value not established.		

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.

Manufactured with LOVE ♥ by
Natural Organics, Inc.
makers of **NaturesPlus**
9500 New Horizons Blvd.
Amityville, New York 11701, USA
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naturesplus.com

PRODUCT NO. 3762



LBL 1142280



Other ingredients: Ferrous fumarate, microcrystalline cellulose, di-calcium phosphate, hydroxypropyl methyl cellulose, stearic acid, manganese sulfate, silica, magnesium stearate, spirulina, calcium carbonate, chlorophyll, spinach (*Spinacia oleracea* leaf), broccoli (*Brassica oleracea* floret), shattered-cell-wall chlorella and pharmaceutical glaze.

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

Free from artificial colors, artificial preservatives and all of the major allergens identified in the U.S. Food Allergen Labeling and Consumer Protection Act.

*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.

Nutritional Support for Healthy Blood*

Deficiency of iron in the diet and the resulting less-than-optimal blood levels are a significant worldwide healthcare concern across all age groups and all demographics.

G F Gluten Free **GMO** non-GMO **V** Vegetarian

OptiZinc®
**OptiZinc® is a Lonza trademark, registered in USA.
Methionine-bound zinc complex.

BioPERINE™
*** is a registered trademark and
patented product of Sabinsa Corp.

For more about HEMA-PLEX and the benefits and importance of iron, go to www.HemaPlex.com