

SUGGESTED USE: Take 1 capsule in the morning with breakfast, or use as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach by children. In case of accidental overdose, call a doctor or poison control center immediately.

STORAGE: Keep closed in a cool, dry place out of reach by children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, gluten, GMO, artificial colors, or artificial flavors.

Optimal Iron Meets or Exceeds cGMP Quality Standards.



§Ferrochel™, TRAACS™, and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc.

IRON-90-CAPS REV. 022221

This package is completely recyclable

**MANUFACTURED IN THE USA
FROM GLOBALLY SOURCED INGREDIENTS
THIRD-PARTY INDEPENDENTLY TESTED**



T A R G E T E D S U P P O R T ®



SeekingHealth®

Optimal Iron

with Cofactors

29 mg

Dietary Supplement

90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

	Amount Per Serving	%DV
Vitamin A (as beta-carotene and retinyl palmitate)	300 mcg RAE	33%
Vitamin C (as ascorbic acid)	113 mg	126%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%
Biotin	500 mcg	1,667%
Iron (as Ferrous Bisglycinate Chelate [§])	29 mg	161%
Copper (as Copper Bisglycinate Chelate [§])	0.5 mg	56%
Betaine hydrochloride	75 mg	*
Lipase (from <i>Aspergillus niger</i>)(1.2 FIP/mg)	5 mg	*

*Daily Value (DV) not established.

Other Ingredients: Vegetarian capsule (hypromellose and water), ascorbyl palmitate, L-leucine, and silica.

Find Other Effective Health Products At www.seekinghealth.com

Manufactured for and Distributed by: Seeking Health, LLC
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