



iron

well absorbed
forms of iron

28mg

mineral

100 capsules
dietary supplement

energy
production[▼]

immune[▼]

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Iron	28 mg	155%
(as ferrous fumarate, amino acid chelate and citrate)		

Other ingredients: Rice flour, gelatin.

Does not contain: Yeast, Wheat, Gluten, Salt, Soy,
Dairy, Citrus, Fish, Preservatives, Artificial Colors or
Flavors.

▼ 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.

DIRECTIONS: As a dietary supplement, take
one (1) capsule daily, preferably with a meal.

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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
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