



Iron Complex

ESSENTIAL MINERAL

- Bioavailable Source of Iron
- Non-Constipating*

100 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	50 mg	83%
Folate (as Folic Acid)	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Iron (from Ferrochel® Iron Bisglycinate)	27 mg	150%
Dong Quai (<i>Angelica sinensis</i>) (Rhizome/Root)	100 mg	†
Red Raspberry (<i>Rubus idaeus</i>) (Leaf)	100 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA www.nowfoods.com/1440

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Ferrochel® is a registered trademark of Albion Laboratories, Inc.

*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.



SUGGESTED USAGE: As a dietary supplement, take 1 tablet daily with a meal.

NOW® Iron Complex is a unique blend of Ferrochel® Iron (a bioavailable form of iron) and its important co-nutrients combined with complementary botanicals. Iron is a mineral required for the formation of hemoglobin, a molecule that transports oxygen to the cells throughout the body in red blood cells. Vitamin B-12 and Folate are necessary for red blood cell production, while Vitamin C is known to enhance iron absorption from the GI tract. This vegetarian formula is well-tolerated and non-constipating and has been designed to maximize iron absorption and utilization by the body.*

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

Caution: For adults only. Not intended for pregnant/nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

Natural color variations may occur in this product.



Made in the USA

CODE 1440

V4