

Iron is a necessary component of hemoglobin, the oxygen carrier in the blood and is also important for energy utilization. Gentle Iron® contains Iron Bis-Glycinate, a well-tolerated form of Iron that is gentle to your system.**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.



For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.



Prod. No. 1603 B1602 083

NATURE'S  BOUNTY®

GENTLE
Iron®
28mg | Iron Glycinate

with Folic Acid,
Vitamin B-12 & Vitamin C

**Promotes
Red Blood Cell
Production***

90 capsules

**1 PER
DAY
CAPSULE**



MINERAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) capsule daily, preferably with a meal.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Vitamin C (as Ascorbic Acid)	60 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%
Iron (as Ferrous Bis-Glycinate)	28 mg	156%

Other Ingredients: Vegetable Cellulose, Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
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Bohemia, NY 11716 U.S.A.
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