

NATURE'S BOUNTY®

1 PER
DAY
TABLET

Iron

28mg | (246 mg of
Ferrous Gluconate)

Helps Maintain
Energy Utilization*

Promotes Red Blood
Cell Production*



Iron is a necessary component of hemoglobin, the oxygen carrier in the blood, and is also important for energy utilization. This product contains the iron your body needs for daily functioning.**

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

Suitable for vegetarians.

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



Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

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.

Carefully Manufactured by NATURE'S BOUNTY, INC.
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Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Iron	28 mg 156%
(from 246 mg of Ferrous Gluconate)	

Other Ingredients: Vegetable Cellulose, Dicalcium
Phosphate, Vegetable Magnesium Stearate.

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.

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.

100 tablets MINERAL SUPPLEMENT



Prod. No. 1200
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