

**PROBIOTIC. WHOLE.
NON-GMO PROJECT VERIFIED.**

Iron Food Complex delivers essential nutrients in a safe and active form within the infinite complexity of food. Whole-food complexed Iron is combined with seven blood-bonding vitamins and minerals to support healthy hemoglobin and myoglobin levels.* Dual-cultured Iron in a convenient, easy to digest, **non-constipating** form is useful during periods of blood loss including menstruation.* Probiotic-cultured nutrients provide a broad spectrum of phytonutrients and ferment metabolites, including isoflavones and beta-glucans. Once-daily formula is easy to take, easy to digest, and can be taken anytime—even on an empty stomach!

Get the Whole Truth!
Sign up for our e-newsletter at: newchapter.com/newsletter

Caution: As with any dietary or herbal supplement, you should advise your healthcare practitioner of the use of this product. If you are nursing, pregnant, or considering pregnancy, you should consult your healthcare practitioner prior to using this product.

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.

***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.**

0636-C02

Please recycle this bottle after use.



**PROBIOTIC-
CULTURED
NUTRIENTS**

IRON FOOD COMPLEX

Whole-Food Complexed Iron &
Supporting Nutrients for Blood Health*
Can be taken on an empty stomach



60 Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 1 Tablet

Servings per container 60

One tablet contains	%DV
Probiotic Nutrients	
Vitamin C†	30 mg 50%
Vitamin E†	15 IU 50%
Folate†	800 mcg 200%
Vitamin B12†	30 mcg 500%
Iron†	9 mg 50%
Magnesium†	5 mg 1%
Zinc†	5 mg 33%

Superfoods and Spices (Proprietary Blend)	
Organic Spinach (leaf)	109 mg •
Organic Blueberry (fruit)	67 mg •
Ginger (rhizome)	2 mg •
1.6 mg hydroethanolic extract and 0.4 mg organic supercritical extract	
Organic Turmeric (rhizome)	2 mg •
1.6 mg powder† and 0.4 mg supercritical extract	

One tablet contains	%DV
Organic Cultured Herbal Extracts (Proprietary Blend)	
Antioxidant Response†	49 mg •
Cinnamon (bark)†, Fenugreek (seed)†, Oregano (leaf)†, Cumin (seed)†, Coriander (seed)†, Rosemary (leaf)†, Clove (bud)†, Allspice (berry)†, Peppermint (leaf)†	

- Daily Value not established
- † Organic
- † Nutrients are cultured in organic media that may contain: organic milled soy (including isoflavones), organic yeast (*Saccharomyces cerevisiae*, including beta glucans), organic maltodextrin, organic gum acacia, organic orange peel, organic lemon peel, organic alfalfa powder, organic molasses, enzymes and *Lactobacilli* (*L. acidophilus*, *L. bifidus*, *L. rhamnosus*).

Other ingredients: Organic gum acacia, contains less than 2% of: silica, lac resin and carnauba wax.

Contains: Fermented soy and fermented wheat (as food source for *Saccharomyces cerevisiae*).

Gluten free. 100% vegetarian; no artificial flavors or colors.

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Certified Organic by International Certification Services, Inc., Medina, ND, USA

Suggested use: One tablet daily. Can be taken anytime, even on an empty stomach.