

Iron is an essential trace mineral found in every living cell. It is an important component of hemoglobin, the protein that carries oxygen from the lungs to all tissues of the body and promotes iron rich blood. It plays a role in normal red blood cell production and supports energy utilization. Iron requirements increase during growth, pregnancy and menstruation. Iron nutritionally supports women's health and is a cofactor required for the synthesis of brain neurotransmitters, including dopamine, norepinephrine and serotonin.*

† A unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Ferrochel™ Albion process patent No.'s. 5,516,925 and 6,716,814

Carefully Manufactured by:
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SOLGB71249 00B



GENTLE IRON® (IRON BISGLYCINATE) 25 MG

NON-CONSTIPATING

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

180 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Iron 25 mg	139%
(as iron bisglycinate†)	

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

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.

Solgar's KOF-K certification #K-1250

*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.

