

Suggested Usage: 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.*

*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.

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.

CODE 1440 VS



Iron Complex

Essential Mineral

- Bioavailable Source of Iron
- Non-Constipating*

100 Tablets

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

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.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

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.

Store in a cool, dry place after opening.

Natural color variation may occur in this product.

