

Suggested Usage: Take 1 capsule daily with a meal.

Iron is an essential mineral that plays central roles in energy production, immune system function, and neurological health.* Iron is an essential component of hemoglobin, a molecule that transports oxygen to the cells of the body, and myoglobin, which binds oxygen used in muscle tissues.* NOW uses Ferrochel® Iron Bisglycinate, which has clinically demonstrated superior absorption and is well tolerated because it is gentle and non-constipating.*

*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 reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Caution: For adults only. Do not exceed recommended dosage unless directed by a physician. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

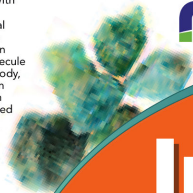
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6



Iron

18 mg

Essential Mineral

- Ferrochel® Iron Bisglycinate
- Gentle & Non-Constipating*

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Iron (from Ferrochel® Iron Bisglycinate)	18 mg	100%

Other ingredients: Rice Flour, Cellulose (capsule), Stearic Acid (vegetable source) and Silica.

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.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.

