

Vegetarian Iron Complex™

california



Academy of Health®

CAOH®

Nutritional Supplement
100 Tablets



Vegetarian Iron Complex utilizes the Albion Labs patented Ferrochel® Iron chelate where research has demonstrated it to be highly absorbed, well tolerated and non-constipating at recommended levels.

Warnings: Persons with diagnosed iron-deficiency should consult with their physician regarding higher intake of iron supplements. 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.

Ferrochel® is a registered trademark of Albion Laboratories, Inc.
Natural color variations may occur in this product.

Made in the U.S.A.

California Academy of Health, Inc.

Web: www.caoh.org

Email: info@caoh.com

Phone: 800-643-7188

Supplement Facts#

Serving Size: 1 Tablet - Servings per bottle: 100

	Amount Per Serving	% Daily Value
Iron (as 158 mg Ferrochel® Iron Bisglycinate)	27 mg	150%
Vitamin C (Ascorbic Acid)	50 mg	84%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Folate	200 mcg	50%
Dong Quai (Angelica sinensis) (root)	1000 mg	**
Red Raspberry (Rubus idaeus) (leaf)	1100 mg	**

** Percent Daily Value Not Established and Based on a 2000 Calorie Diet.

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.

Suggested Use: As a dietary supplement, take one tablet daily, preferably with meals.

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose, Sodium, Silica and Magnesium Stearate (vegetable source). **Free of:** sugar, yeast, wheat, gluten, soy, milk, egg or preservatives.