

Recommended Adult Dose: Take one capsule daily with a meal, a few hours before or after taking other medications or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding; or if you have a liver or a kidney disorder, do not use. May cause liver disorder in some people. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. **The capsules** are made from 100% pure vegetable sources, free of preservatives and additives. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V1.D 573

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.

BARCODE LOCATION
883196 13660



GENESTRA BRANDS

Femagen Iron Plus

VITAMIN-MINERAL SUPPLEMENT

90 Vegetable Capsules

Supplement Facts

Serving Size 1 Capsule
Servings per Container 90

Each Capsule Contains		% DV
Vitamin C (ascorbic acid)	100 mg	167%
Niacin (nicotinic acid)	30 mg	150%
Vitamin B ₆ (pyridoxine hydrochloride)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B ₁₂ (cyanocobalamin)	100 mcg	1667%
Iron (carbonyl iron)	30 mg	167%
Copper (copper HVP ♦ chelate)	2 mg	100%
Yellow Dock (<i>Rumex crispus</i>) Root	50 mg	*
Celandine (<i>Chelidonium majus</i>) Herb Extract (4:1) 100 mg Dried Equivalent	25 mg	*

* Daily Value (DV) not established
♦ Hydrolyzed vegetable (rice) protein

Other ingredients: Cellulose, hypromellose, magnesium stearate, silica

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