

As a component of hemoglobin, iron is needed to carry oxygen throughout the body. Additional iron may be needed for menstruating women, individuals consuming limited animal protein, and vegetarians.[†]

This product contains 29 mg of elemental iron. By creating this supplement as a chelated mineral, our amino acid Chelated Iron is more easily and efficiently absorbed by the body.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

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 immediately.

[†] 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.

Supplement Facts

Serving Size 1 Tablet Servings Per Container 90

Amount Per Serving % Daily Value

Iron (from amino acid chelate) 29 mg 161%

Other Ingredients: modified cellulose gum, stearic acid (vegetable source), cellulose, silicon dioxide, dandelion, watercress, calcium stearate (vegetable source).

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN.

681H

Amino Acid
**CHELATED IRON
29 mg**

Promotes Healthy Red Blood Cells[†]

Dietary Supplement

90 VEGETARIAN TABLETS

