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Iron is an essential trace mineral found in most human cells. It is an important component of hemoglobin, the protein that carries oxygen from the lungs to all tissues of the body and promotes iron rich blood.\* It plays a role in normal red blood cell production and supports energy utilization.\* Iron requirements increase during growth, pregnancy and menstruation. Iron nutritionally supports women's health and is a cofactor required for the synthesis of brain neurotransmitters, including dopamine, norepinephrine and serotonin.\*

†Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No.'s 6,706,904 and 6,716,814 licensed by Albion International, Inc.

Carefully Manufactured by:  
Solgar, Inc., 500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
1-877-SOLGAR 4, [www.solgar.com](http://www.solgar.com)

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SOLGB71249 02C

Prod # 71249



# GENTLE IRON<sup>®</sup> (IRON BISGLYCINATE) 25 MG

NON-CONSTIPATING  
GENTLE ON YOUR STOMACH\*

Non-GMO  
GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS



90 + 18 BONUS VEGETABLE CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Iron (as iron bisglycinate chelate†)	25 mg 139%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Store at room temperature. Do not use if outer bottle seal is missing, torn or damaged in any way.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

Solgar's KOF-K certification #K-1250

\*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.

