



iron complex

for better absorption

mineral
100 tablets
dietary supplement

energy
production[▼]
immune[▼]

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	75 mg	125%
Folic Acid	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	12 mcg	200%
Calcium (as dicalcium phosphate)	165.5 mg	17%
Iron	28 mg	156%
as ferrous fumarate, bisglycinate, gluconate, aspartate, ascorbate, citrate, histidine, alpha-ketoglutarate, malate, succinate)		
Copper	1.5 mg	75%
(as copper gluconate, citrate, histidine)		

* Daily Value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol, caramel).

Does not contain: Yeast, Wheat, Salt, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

WARNING: Accidental overdose of iron-containing products is the 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.

▼ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

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