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*Easy*  
**IRON**  
(Iron Glycinate)

**28mg**

**90 capsules**

dietary supplement

TO REORDER ITEM # 1603

**DIRECTIONS:** For adults, take one (1) capsule daily, preferably with a meal.

### Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving                  | %Daily Value |      |
|-------------------------------------|--------------|------|
| Vitamin C<br>(as Ascorbic Acid)     | 60 mg        | 100% |
| Folic Acid                          | 400 mcg      | 100% |
| Vitamin B-12<br>(as Cyanocobalamin) | 8 mcg        | 133% |
| Iron<br>(as Ferrous Bis-Glycinate)  | 28 mg        | 156% |

**Other Ingredients:** Vegetable Cellulose, Gelatin.  
**Contains <2% of:** Silica, Vegetable Magnesium Stearate.

**No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

**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.

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1-800-645-1030

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
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