

Suggested Usage: Shake well before use. Take 2 teaspoons daily with juice or water on an empty stomach. **REFRIGERATE AFTER OPENING.**

Iron is an essential mineral that plays central roles in energy production, immune system function, and neurological health.* Iron is an essential component of hemoglobin, a molecule that transports oxygen to the cells of the body, and myoglobin, which binds oxygen used in muscle tissues.* NOW uses Iron Taste Free™ Ferric Glycinate, which has clinically demonstrated superior absorption and is well tolerated because it is gentle and non-constipating.*

*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.

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.

Caution: For adults only. Do not exceed recommended dosage unless directed by a physician. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Not for pet use.

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Liquid Iron

Essential Mineral

- 18 mg Per Serving
- Iron Taste Free™ Ferric Glycinate
- Gentle & Non-Constipating*

Net 8 fl. oz. (237 mL)

A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Teaspoons (10 mL)
Servings Per Container about 24

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	5 g	2%*
Sugars	0 g	†
Xylitol	1 g	†
Iron (from Iron Taste Free™ Ferric Glycinate)	18 mg	100%

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Malic Acid, Citric Acid, Potassium Sorbate (as preservative), Natural Fruit Punch Flavor and BetterStevia® [Organic Stevia Extract (Leaf)].

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Iron Taste Free™ is a trademark of Albion Laboratories, Inc.

