GREAT TASTE!
Made with Organic Honey

gaia HERBS

DailyWellness

PlantForce™ Liquid Iron

Vegetarian formula supports healthy iron & energy levels*

meetyourherbs®
Enter ID# at GaiaHerbs.com

8.5 FL OZ (250 ML)
DIETARY SUPPLEMENT

Meet Your Herbs at GaiaHerbs.com
ID# XXXXXXXX BEST BY XX.XX
7 51063 14626 5
DOM: DEC 2015

Supplement Facts

Serving Size 10 ml (2 Teaspoons)
Servings Per Container 25

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Sugars	2 g	†
Iron (from 96 mg of Ferrous Gluconate)	10 mg	56%
Elderberry fruit juice concentrate ▲ (Sambucus nigra)	400 mg	†
Sea Buckthorn fruit juice ◆ (Hippophae rhamnoides)	100 mg	†
Star Anise pods extract ▲ (Illicium verum)	90 mg	†
Acerola fruit extract ◆ (Malpighia glabra)	40 mg	†
Rice bran extract ▲	40 mg	†
Beet root juice ▲ (Beta vulgaris)	20 mg	†
Proprietary Extract Blend	2.4 g	†
Parsley leaf ▲ (Petroselinum crispum), Stinging Nettle leaf ▲ (Urtica dioica), Dandelion leaf ▲ (Taraxacum officinale), Fennel seed ▲ (Foeniculum vulgare), Yellow Dock root ◆ (Rumex crispus)		

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

Other ingredients: Water, organic honey, citric acid and sweet orange peel essential oil. ▲ = Organic ingredient ◆ = Ecologically harvested

Manufactured for:
Gaia Herbs, Inc., 101 Gaia Herbs Dr.
Brevard, NC 28712 GaiaHerbs.com
Certified Organic by Oregon Tilth
Gluten-free and yeast-free formula
Each 10 ml dose contains 10 mg of elemental Iron.

Suggested Use

Adults take 10 ml twice-daily. Children 6-12 take 10 ml once daily. Best taken within 30 minutes before meals. *Shake well before using.* **Refrigerate upon opening.** *Non-contents within 120 days of opening. Do not drink from bottle. Discoloration, which does not impact product quality, may occur. If you are pregnant, have a medical condition or take medications, please consult with your doctor before use.*

WARNING: *Accidental overdose of iron-containing products is a leading cause of fatal poisoning of children under 6.* **Keep this product out of reach of children.** *In case of accidental overdose, call a doctor or poison control center immediately.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

gaia HERBS plant intelligence.

PlantForce™ Liquid Iron

Iron is an essential mineral that enables the blood to carry life-giving oxygen to the cells.* This is why maintaining healthy iron levels is crucial for helping you feel more energetic, vibrant and alive.* Yet iron does not work alone. It acts in concert with a range of food-bound nutrients that facilitate its absorption and help release oxygen from the blood into the cells.*

Gaia Herbs' *PlantForce™ Liquid Iron* provides highly absorbable iron in a base of select botanicals, gently extracted to liberate their natural content of these nutrients.*

GAIA FARM
BREVARD, NC
Over 40 crops are grown each year on our certified Organic farm: 350 fragrant acres of Valerian, Echinacea, Holy Basil, Hawthorn, Nettles and more grace our valley. Each plant thrives naturally here, in one of the most fertile bioregions in the world.

meetyourherbs®
ID# XXXXXXXX

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.

Daily Wellness

Longevity and vitality come naturally when your body is in a state of harmony. Gaia Herbs DailyWellness products promote optimal wellness by giving you the daily support you need.*

Finally: A Great Tasting Liquid Iron

Gaia Herbs *PlantForce™ Liquid Iron* is formulated to be easy to absorb while also tasting great. Liquid is the ideal delivery method for iron supplementation because it allows the mineral to be easily and rapidly assimilated throughout the body. And while liquid iron supplements typically leave an unpleasant, metallic aftertaste, *PlantForce™ Liquid Iron* has a lightly sweetened berry flavor, with just a hint of citrus and spice. Plus, it is **free of gluten and yeast**, making it appropriate for a range of dietary needs.

GREAT TASTE!
Made with Organic Honey

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DailyWellness

PlantForce™ Liquid Iron

Vegetarian formula supports healthy iron & energy levels*

Non-constipating, easily absorbed herb & mineral formula*

Appropriate for pregnant & breast-feeding women*

meetyourherbs®
SEE BACK OF BOX TO LEARN HOW

8.5 FL OZ (250 ML)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 10 ml (2 Teaspoons)
Servings Per Container 25

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	<1%*
Sugars	2 g	†
Iron (from 96 mg of Ferrous Gluconate)	10 mg	56%
Elderberry fruit juice concentrate ▲ (Sambucus nigra)	400 mg	†
Sea Buckthorn fruit juice ◆ (Hippophae rhamnoides)	100 mg	†
Star Anise pods extract ▲ (Illicium verum)	90 mg	†
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Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post-consumer material. Our amber glass bottles contain at least 30% recycled content.

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