



DailyWellness

PlantForce Liquid Iron®

Vegetarian formula supports healthy iron & energy levels*

meet your herbs®
Enter ID# at GaiaHerbs.com

16 FL OZ (473 ML)
DIETARY SUPPLEMENT

BEST BY: XX.XX
ID# XXXXXXXX

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Supplement Facts		
Serving Size 10 mL (2 Teaspoons)		
Servings Per Container About 47		
	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Total Sugar	2 g	4%*
Includes 2 g Added Sugars		
Iron (from 16 mg of Ferrous Gluconate)	10 mg	50%
Other Ingredients: Water, organic honey, citric acid and organic sweet orange peel essential oil. * Organic ingredient. * Ecologically harvested.		
Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712		
Certified Organic by Oregon Tilth		
Gluten-free and yeast-free formula		
Each 10 mL dose contains 10 mg of elemental iron.		

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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. Use 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.



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.

meet your herbs®
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.



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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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