

# IRON PLUS

## Highly Bioavailable Iron Supplement



A highly bioavailable iron supplement, with the synergists vitamin C, folate and vitamin B-12, for those with increased dietary iron needs.

#### REFERENCES:

1. Szarfarc SC, de Cassana LM, Fujimori E, et. al. Relative effectiveness of iron bis-glycinate chelate (Ferrochel) and ferrous sulfate in the control of iron deficiency in pregnant women. Arch Latinoam Nutr. 2001 Mar;51(1 Suppl 1):42-7.
2. Pineda O, Ashmead HD. Effectiveness of treatment of iron-deficiency anemia in infants and young children with ferrous bis-glycinate chelate. Nutrition. 2001 May;17(5):381-4.

#### Supplement Facts

Serving Size / 1 Tablet  
Servings Per Container / 60

Amount Per Serving		% Daily Value
Vitamin C	130 mg	144%
Folate	167 mcg DFE	42%
Vitamin B12	25 mcg	1042%
Iron	15 mg	83%

INGREDIENTS: Calcium Carbonate, Vitamin C (L-Ascorbic Acid), Ferrous Glycinate (Ferrous Bis-Glycinate, Citric Acid, Maltodextrin), Microcrystalline Cellulose, Croscarmellose Sodium, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Stearic Acid, Magnesium Stearate, Silica, Calcium L-Methylfolate, and Vitamin B12 (Cyanocobalamin).

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As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

**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.

Allergy Information: This product is processed in the same facility that processes products containing fish, shellfish, soy and dairy.

Not tested on animals.

Suitable for Vegetarians.

**DIRECTIONS:** One tablet a day. Re-close the container securely after each use.

⚠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.

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