



Iron Support

For Optimal Health

Supplies significant amounts of iron along with a combination of vitamins for optimal health.

Suggested Use

Adults take 2 tablets daily with meals or as directed by physician.

Supplement Facts

Serving Size: 2 Capsules

Iron	54 mg
Vitamin C	200 mg
Vitamin B-12	50 mg
Thiamine	6 mg
Riboflavin	8 mg
Vitamin B-6	4 mg
Folic Acid	100 mcg
Niacinamide	30 mg
Pantothenic Acid	25 mg
Choline Bitartrate	25 mg
Vitamin E	30 IU
Glycine	200 mg

Other Ingredients: gelatin capsule (gelatin, glycerin, water), extra virgin olive oil, beeswax, calcium carbonate.

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

- **Iron** has several functions -- it carries oxygen to the tissues, is a facilitator of oxygen use and storage, is a transport medium for electrons and is an integral part of enzyme reactions in various tissues. Too little iron can interfere with these vital functions and lead to morbidity and mortality.
- **B vitamins** are important for blood cells, hormones, and nervous system function.
- **Thiamin** is required for glycolytic and Krebs cycle reactions. It is also related to nerve impulse transmission.
- **Riboflavin** intermediates redox reactions, including energy production and cellular respiration reactions.
- **Niacin** is involved in energy production, as well as biosynthetic processes.
- **Folic acid** serves as a methyl donor.
- **Pantothenic acid** is essential for energy production.
- **Vitamin E** is an antioxidant which prevents oxidation of unsaturated fatty acids helping stabilize and protect cell membranes.
- **Choline** serves as a methyl donor, a structural component of cellular membranes, a phosphatidylcholine, and a neurotransmitter.

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.