



Iron Chelate

Iron chelate is an extremely bioavailable source of iron that is well-tolerated by the body. While most forms of supplemental iron are irritating to the digestive system, this product provides a readily absorbed form of iron that virtually eliminates unpleasant side effects.

Produced through a special process that completely bonds iron to the amino acid glycine, the resulting iron chelate allows for easy absorption of iron without blocking absorption of other essential nutrients. Each capsule supplies 30 mg of elemental iron, twice the daily recommended amount, to help quickly replenish body iron stores.

Iron is an essential mineral needed for transport of oxygen to tissues, immune function, energy production, and cognitive development.

This product is recommended only for those individuals with iron deficiencies, anemia, bleeding disorders, or women with heavy menstrual periods. Iron supplements may also be appropriate for those that are not maintaining adequate iron through proper diet.

Suggested Use: 1 capsule daily with food.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. **KEEP OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

This product was made in a GMP and ISO 9001:2000 registered facility.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule	% Daily Value	
Iron (as ferrous bisglycinate chelate*)	30 mg	167%

Other ingredients: Cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, and magnesium stearate.

*Albion Laboratories