

Prod. No.
1603

NATURE'S BOUNTY®

EASY IRON

Iron Glycinate
28 mg

Promotes Energy
Utilization*

DIETARY
SUPPLEMENT

90 CAPSULES



As an important dietary source of Iron, Easy Iron contains Iron Bis-Glycinate, a well tolerated form of Iron that is gentle to your system.* Iron is a necessary component of hemoglobin, the oxygen carrier in the blood.* Iron is also important for energy utilization.* Easy Iron contains 28 mg of the Iron your body needs each day for optimal functioning.*

DIRECTIONS: For adults, take one (1) capsule daily, preferably with a meal.

Pregnant or lactating women should consult a doctor before using any product. Do not exceed recommended dosage. **Consult doctor before use** if you have a family history of iron-related disorders (i.e. iron overload or iron-loading anemias) or if you are taking prescription medication. **Discontinue use and consult your doctor** if any adverse reactions occur including constipation. **NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

TAMPER RESISTANT: Do not use if imprinted seal under cap is broken. Store in a cool, dry place.

*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.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	%Daily Value	
Vitamin C (as Ascorbic Acid)	60 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%
Iron (as Ferrous Bis-Glycinate)	28 mg	156%

OTHER INGREDIENTS: Maltodextrin, Gelatin, Vegetable Magnesium Stearate, Silica.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.- Fri. 9 AM - 7 PM ET

Visit us on the Web
www.NaturesBounty.com

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