Complete Iron System ™

available in 60 & 120 sizes



A gentle, non-binding iron system for supporting overall vitality.

OTHER MINERALS

PRODUCT LIST

Supplement Facts
Serving Size 1 Tablet

	One Tablet Provides	%DV
Food Grown® Vitamins & Minerals		
Vitamin C	30 mg	50%
Thiamin (Vitamin B-1)	1 mg	67%
Pyridoxine (Vitamin B-6)	1 mg	50%
Folic Acid	400 mcg	100%
Cyanocobalamin (Vitamin B-12)	30 mcg	500%
Pantothenic Acid (Vitamin B-5)	2 mg	20%
Calcium	2 mg	<1%
Iron	18 mg	100%
Phosphorus	2 mg	<1%
Magnesium	2 mg	<1%
Zinc	2 mg	13%
Copper	100 mcg	5%
Molybdenum	2 mcg	2%
Cobalt (Food Grown®)	25 mcg	*
Lemon Juice Powder	164 mg	*
4:1 Herbal Extracts	136 mg	*
(equivalent to 544 mg of herbal powder) Parsley [leaf], Stinging Nettle [tops], Yellow Dock [root]		

* Daily Value (DV) not established.

Other ingredients: modified cellulose, stearic acid (vegetable), magnesium stearate. Coating: vegetable food glaze.

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