

# Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 100

	Amount Per Serving	% Daily Value*
Vitamin C (as Ascorbic Acid).....	50 mg.....	56%
Folate .....	333 mcg DFE (200 mcg folic acid).....	83%
Vitamin B-12 (As Cyanocobalamin).....	50 mcg.....	2083%
Iron (from Ferrochel® Iron Bisglycinate) ..	27 mg.....	150%
Organic Dong Quai .....	100 mg.....	†
<i>(Angelica sinensis)(rhizome/root)</i>		
Red Raspberry ( <i>Rubus idaeus</i> )(leaf).....	100 mg.....	†

\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

**Other Ingredients:** Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica Magnesium Stearate (vegetable source) and Vegetarian Coating.

## Manufactured and Distributed by:

Penn Herb Company, Ltd.

Philadelphia, PA 19154-3293

[www.PennHerb.com](http://www.PennHerb.com) / 215-637-HERB

**Suggested Use:** Take one tablet daily, preferably with a meal.

**Not manufactured with:** wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

## Benefits of Iron Complex:

- From Albion Labs; highly absorbed, well tolerated and non-constipating\*
- Plays a critical role in the formation of hemoglobin and red blood cells\*

**Safety Sealed:** Do not accept if inner freshness seal is damaged or missing.

**Nature's Wonderland® Guarantee:** This product is guaranteed for purity, freshness and labeled potency.

**Caution:** For Adults only. Not intended for pregnant/nursing women. Consult physician if taking medication, or have a medical condition.

Natural color variation may occur. Store in a cool, dry place after opening.

**Ferrochel®** and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

\*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.

Non-GMO



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