

# VITANICA® ~ IRON EXTRA™



Holistic red blood cell support featuring more absorbable and gentler forms of iron as well as supportive herbs and vitamins.

## Featured Ingredients:

- Elemental Iron in each capsule is 25 mg from **ferrous aspartate, ferrous succinate and ferrous fumarate** - these gentler forms of iron are easier on the stomach and less constipating
- Includes **Vitamin C** to promote enhanced iron absorption
- Traditionally used herbs for maintaining iron stores in the blood include: **Yellow dock, Dandelion and Nettles**; these are mineral rich herbs and they support easier bowel tolerance of the elemental iron
- **Vitamins B12 and Methylated Folic acid (L-5-MTHF)** offer a well-rounded approach to supporting and maintaining healthy red blood cells

**Indications:** Promotes healthy iron stores with more absorbable, gentler forms of iron, plus enhanced absorption from vitamin C and mineral rich botanicals.

**Suggested Use:** 1 capsule daily; Iron products should be taken under the supervision of a physician.

## Supplement Facts

Serving Size 1 Capsule, 60 servings per Container

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	500 mg	833
Folate (as L-5 Methylfolate)	400 mcg	100
Vitamin B12 (methylcobalamin)	500 mcg	8333
Calcium (from calcium ascorbate)	57 mg	6
Iron (as aspartate, ferrous succinate, ferrous fumarate)	25 mg	139
Yellow dock root ~ Rumex crispus	50 mg	†
Dandelion root ~ Taraxacum officinale	50 mg	†
Nettles leaf ~ Urtica dioica	30 mg	†

† Daily Value not established

Other ingredients: Vegetarian capsule (cellulose and water), L-leucine.

**Iron Extra™ is suitable for vegetarians and vegans.**

**\* 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.**

Size ~ 60 caps; UPC code ~ 7-08118-01115-3

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