

Iron-C

Supports red blood cell function and energy production[†]

INDICATIONS

- Ages 18 and up
- Red blood cell and muscle function support[†]

BENEFITS

- Promotes red blood cell production and health[†]
- Supports muscle function[†]
- Enhances iron absorption with vitamin C[†]

FEATURES

- Provides highly bioavailable form of iron
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Iron is an important component of hemoglobin, a protein in red blood cells that delivers oxygen to tissues throughout the body. It is also a part of myoglobin, a protein that helps muscle cells store oxygen and ferritin, the body's main iron storage protein found in the intestines, liver and spleen.¹ Optimal serum levels have been associated with mental health and moderating fatigue in women of childbearing age.^{2†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

STORAGE

Store in a cool, dry place.

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. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Iron is sourced naturally from elemental ore
- Ascorbic acid is sourced from corn dextrose fermentation
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

NOTES

Size 3 caps

Bottle count 60

Order codes FC6

Bottle size 120 cc

REFERENCES

1. Guiang III SF, et al. *Amer J Physiol.* 1997;273(6): 2124-2131.
2. Kamdi SP, Palkar PJ. *J Obstet Gynaecol.* 2015 Jan;35(1):4-8.

SUPPLEMENT FACTS

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Vitamin C (as ascorbic acid)	175 mg
Iron (as iron glycinate and 50% as iron aspartate)	15 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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Iron-C	Quantity	Order Code
	60	FC6

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.

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