Iron with Vitamin C NPN 02135671
120 tablets, Vitamin/mineral supplement, Stock No. 1785-4

Iron with Vitamin C is vitamin, mineral and herbal combination designed to nutritionally support the body’s need for iron.

Iron is part of hemoglobin, the oxygen-carrying component of the blood. Iron-deficient people tire easily, because their bodies are starved of oxygen.

Did you know?
Ferrous gluconate is organic iron and thus well absorbed and nonconstipating. Vitamin C is known to support the absorption of iron.

According to WebMD, iron supplements are best taken on an empty stomach (usually taken 1 hour before or 2 hours after meals).

The need for iron increases during menstruation, hemorrhage, periods of rapid growth, or whenever there is a loss of blood. Vegetarians and those on diets low in animal protein, and those in convalescence may also have an increased need to iron.

NSP Advantage
120 tablets. Vitamin/mineral supplement.

Ingredients: Medicinal Ingredients: Each tablet contains vitamin C (ascorbic acid) 100 mg and iron (ferrous gluconate) 5 mg. Non-medicinal ingredients: dicalcium phosphate, microcrystalline cellulose, stearic acid, chickweed, mullein, thyme, yellow dock, magnesium stearate, cellulose and rosehips.

Recommendation (adults): Take one tablet three times daily immediately after meals.

Risk Information: This bottle contains enough iron to seriously harm a child. Keep out of the reach of children.

Features & Benefits

- Iron is a factor in the maintenance of good health and a factor in the prevention of iron deficiency.
- A synergistic combination of vitamin, mineral and herbs.