WHOLEFOOD IRON 10mg

Ingredients: Kale (*brassica oleracea*) powder, iron (as ferrous bisglycinate), hydroxypropylmethylcellulose (capsule shell).

Recommended Intake: Take 1 to 2 capsules daily or as directed by your medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a balanced, varied diet and lifestyle.

- · Keep out of sight & reach of children
- Do not use if sealing strip is missing or broken
- Suitable for vegans & vegetarians
- BEST BEFORE DATE: see base of container
- Store in a cool, dry place. Do not refrigerate.









60 VEGAN CAPSULES Food Supplement **Product Information:**

60 capsules = 30-60 days supply

One capsule will provide on average:

Average Values: %NRV Iron 10mg 71

NRV = Nutrient Reference Value

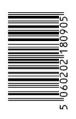
Iron contributes to the normal formation of red blood cells and haemoglobin and normal enery yielding metabolism.

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PRODUCT CODE: 3312