

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

Supplement Facts

Serving Size 1 Capsule
60 Servings per Container

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	500 mg	556
Folate (as L-5-Methyltetrahydrofolate)	665 mcg DFE	166
Vitamin B12 (methylcobalamin)	500 mcg	20833
Calcium (as calcium ascorbate)	57 mg	4
Iron (as aspartate, ferrous succinate, ferrous fumarate)	25 mg	139
Yellow dock (<i>Rumex crispus</i>) root	50 mg	†
Dandelion (<i>Taraxacum officinale</i>) root	50 mg	†
Nettle (<i>Urtica dioica</i>) leaf extract	30 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), l-leucine.

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.

Size ~ 60 caps; UPC code ~ 7-08118-02115-2

Contact ~ 800.572.4712; email ~ info@vitanica.com



Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.