

# VITANICA® ~ IRON EXTRA™



Holistic red blood cell support featuring the more absorbable and gentler form of iron (bisglycinate) as well as supportive herbs and vitamins.

## Featured Ingredients:

- Elemental Iron in each capsule is 25 mg from **iron bisglycinate chelate** – the more bioavailable and gentle form of iron is 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

Servings per Container 60

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	500 mg	556%
Folate (as L-5-Methyltetrahydrofolate)	680 mcg DFE	170%
Vitamin B12 (methylcobalamin)	500 mcg	20833%
Calcium (as calcium ascorbate)	50 mg	4%
Iron (as iron bisglycinate chelate)	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 (4:1)	30 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), calcium laurate.

**Indications:** Promotes healthy iron stores with more absorbable, gentle form 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](mailto:info@vitanica.com)