

Iron+C Gummy

Supports healthy red blood cell function‡

DESCRIPTION

Iron+C Gummy provides a with iron from bioavailable iron pyrophosphate combined with vitamin C and B vitamins to enhance absorption and support healthy red blood cell function.‡

INDICATIONS

- Supports healthy red blood cell function‡

FUNCTIONS AND MECHANISM OF ACTION

Iron is an important component of hemoglobin in red blood cells and myoglobin in muscle cells where it is required for oxygen and carbon dioxide transport. Vitamin B₆ and B₁₂ are cofactors to support healthy red blood cell function. Healthy iron levels of at least 20-25 ng/mL have been associated with athletic performance, muscle strength and mitochondrial function. In a clinical study, iron supplementation delayed the onset of muscle fatigue of the quadriceps femoris muscle group, which may support physical performance. In addition, a healthy iron status may support cognitive function and healthy sleep.‡

Iron requires an acidic environment for absorption in the duodenum and upper jejunum for subsequent transport. Vitamin C can promote an acidic gastrointestinal environment to properly dissolve iron for absorption and retain its non-oxidized form.‡

FORMULA (#202729)

Serving Size	1 Gummy (2.2 g) (age 3)	2 Gummies (4.4 g) (ages 4+)
Calories.....	5	10
Total Carbohydrate	2 g	4 g
Total Sugars.....	<0.5 g	<1 g
Includes <1 g of Added Sugars		
Sugar Alcohols.....	<0.5 g	<0.5 g
Vitamin C (from acerola (<i>Malpighia glabra</i>) extract (fruit) and ascorbic acid).....	12.5 mg	25 mg
Vitamin B ₆ (as pyridoxine HCl)	2.5 mg	5 mg
Vitamin B ₁₂ (as methylcobalamin)	5 mcg	10 mcg
SunActive® Iron (as ferric pyrophosphate) .	7.5 mg	15 mg
Organic Fruit Blend	6.25 mg	12.5 mg
Organic Strawberry (<i>Fragaria x ananasa</i>) Fruit, Organic Raspberry (<i>Rubus ideaus</i>) Fruit, Organic Wild Blueberry (<i>Vaccinium angustifolium</i>) Fruit, Organic Tart Cherry (<i>Prunus cerasus</i>) Fruit, Organic Pomegrante (<i>Punica granatum</i>) Fruit, Organic Cranberry (<i>Vaccinium macrocarpon</i>) Fruit		

Other Ingredients: Isomalto-oligosaccharides, purified water, organic erythritol, agar, citric acid, natural raspberry flavor, sucrose, locust bean gum, black carrot powder (color), coating (organic sunflower oil, organic carnauba wax)

Gluten-free, Non-GMO

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SUGGESTED USE

As a dietary supplement, children aged 3, take 1 gummy daily, with a meal. Ages 4 and up, take 2 gummies daily, with a meal, or as directed by a health professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

Warning

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

STORAGE

Store in a cool, dry place. Use only if safety seal is intact.

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For more information on Iron+C Gummy, visit douglaslabs.com

†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.

Manufactured in Canada for:
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