

# Iron-C+ Gummy

Great-tasting blend of iron and vitamins to support healthy red blood cell function<sup>†</sup>

## INDICATIONS

- Individuals ages 3 and up

## BENEFITS

- Supports healthy red blood cell function<sup>†</sup>
- Promotes optimal iron status to promote cognitive and muscle performance<sup>†</sup>

## FEATURES

- Combines bioavailable iron pyrophosphate with vitamin C to enhance absorption
- Includes B vitamins to support healthy red blood cell function<sup>†</sup>
- Vegan
- Great-tasting raspberry flavor
- Gummy delivery form

## VERIFIABLE SCIENCE

Iron-C+ Gummy offers a blend of iron, vitamin C, and B vitamins to support healthy red blood cell function. 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. Optimal iron levels have been associated with athletic performance, muscle strength, and mitochondrial function.<sup>1-3</sup> In addition, iron status may support cognitive function and healthy sleep.<sup>4-6</sup> Vitamin B<sub>6</sub> and vitamin B<sub>12</sub> are cofactors to support healthy red blood cell function. Vitamin C is included to enhance the absorption of iron.<sup>7†</sup>

## SUGGESTED USE

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

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

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.

## SOURCE

- Iron is from elemental ore
- Vitamin C is sourced from acerola (*Malpighia glabra*) berries
- Vitamin B<sub>6</sub> is synthetic
- Vitamin B<sub>12</sub> and citric acid are sourced from corn dextrose fermentation
- Isomalto-oligosaccharides is sourced corn and tapioca powder & syrup
- Erythritol is sourced from fermentation from dextrose (corn glucose)
- Agar is sourced sourced from seaweed

## NOTES

Berry-shaped gummy

Bottle count 60

Order code FCG6

Bottle size 225 cc

## REFERENCES

1. DellaValle DM, Haas JD. Med Sci Sports Exerc. 2014 Jun;46(6):1204-15.
2. Yamada E, et al. Asia Pac J Clin Nutr. 2015;24(3):444-51.
3. Beard JL. J Nutr. 2001. 131(2); 568S-580S.
4. Konofal E, et al. IArch Pediatr Adolesc Med. 2004 Dec;158(12):1113-5.
5. Murray-Kolb LE, Am J Clin Nutr. 2007 Mar;85(3):778-87.
6. Rezaeian A, et al. Singapore Med J. 2014 Nov;55(11):587-92.
7. Koury MJ, Ponka P. Annu Rev Nutr. 2004;24:105-31.

# Iron-C+ Gummy

Great-tasting blend of iron and vitamins to support healthy red blood cell function†

## SUPPLEMENT FACTS

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.

Two gummies contain:

Calories	10
Total carbohydrates	4 g
Total sugars	<1 g
Includes <1 g added sugars	
Vitamin C (from acerola ( <i>Malpighia glabra</i> ) extract (fruit) and ascorbic acid)	25 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	5 mg
Vitamin B <sub>12</sub> (as methylcobalamin)	10 mcg
Sunactive® iron (as ferric pyrophosphate)	15 mg
Berry/fruit blend (organic)	15 mg
strawberry fruit, raspberry fruit, blueberry fruit, tart cherry fruit, pomegranate fruit, cranberry 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)

SunActive Fe is a registered trademark of Taiyo International, Inc.

**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.**



Iron-C+ Gummy	Quantity	Order Code
	60	FCG6

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

†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.