



NATURE'S SUNSHINE

Iron (Chelated)

GOOD FOR

Blood

Muscles

Cardiovascular system

SIZE **180 tablets**

ITEM # **1784**

SERVING **1**

SUPPLY **180 days**

DIRECTIONS FOR USE Take 1 tablet daily with a meal.

— How the Key Ingredients Work

This chelated iron formula pairs highly absorbable iron with a thoughtful blend of supportive nutrients and herbs — working together to help your body take in more iron, put it to work, and feel the difference in your everyday energy and vitality.

Iron (Chelated) — Iron is the mineral your red blood cells depend on to carry oxygen from your lungs to every corner of your body. The chelated form is gentler on the stomach and easier to absorb than standard iron. Healthy iron levels support steady energy, normal focus, and overall vitality — especially for those who need a little extra support.

Vitamin C — Vitamin C is iron's best friend. It helps convert the iron you eat into the form your body can actually absorb and use. Taking iron alongside vitamin C is a widely recommended strategy to get more out of every dose — and as a natural antioxidant, vitamin C also helps protect your cells and supports a healthy immune system.

Calcium — Calcium is the most abundant mineral in the body, best known for keeping bones and teeth strong and dense. It also plays a quiet but important role in nerve signaling and muscle function. This formula includes calcium to round out mineral support, helping maintain the structural foundation your body relies on every day.

Phosphorus — Phosphorus works hand in hand with calcium to build and maintain strong bones and teeth — in fact, about 85% of the body's phosphorus lives in the skeleton. Beyond bone health, phosphorus is a key building block of the body's main energy currency, helping fuel virtually every cell. Adequate phosphorus is recognized by major health organizations as essential for normal growth and daily function.

Rose Hips — Rose hips — the small fruits left behind after a rose blooms — are one of nature's richest sources of vitamin C, along with a wide array of plant antioxidants including carotenoids and flavonoids. Their exceptionally high antioxidant capacity helps the body defend against everyday oxidative stress. Rose hips have also been studied in clinical trials for their role in supporting joint comfort and healthy blood pressure.

Chickweed — Chickweed (*Stellaria media*) is a gentle herb with a long history of traditional use. Laboratory studies have confirmed that its natural plant compounds — including flavonoids and phenolic acids — have meaningful antioxidant activity, helping to neutralize harmful free radicals in cells. Chickweed has also been explored in traditional and herbal practice for skin wellness and overall comfort.

Mullein — Mullein has been used for centuries in European and American folk traditions to support respiratory health and soothe the airways. Its natural mucilage acts as a gentle coating for irritated tissues, while plant compounds like verbascoside and luteolin have been shown in laboratory studies to have antioxidant and anti-inflammatory properties. It is one of the most time-honored herbs for lung and throat comfort.

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