

Health House

C/- Zealand Publishing House Limited
Private Bag 12029, 61 Maleme Street,
Tauranga 3112, New Zealand.

To reorder, freephone 0800 140 141

A high quality, organic, chelated Iron combined with Vitamin C for maximum absorption.

Iron is necessary for energy-laden blood, strong bones, mental acuity, a healthy complexion, winter warmth, good digestion, resistance to colds and the flu, healthy nails and numerous other health functions in the body.



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Manufacturer: Zealand Health Manufacturing Ltd
(ZHM)-61 Maleme St, Tauranga 3112, New Zealand

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 **Health House**

7 Day Iron

Organic Iron with Vitamin C

25 capsules

DIETARY SUPPLEMENT



Ingredients: At the time of manufacture each capsule contained on average;

Iron Amino Acid Chelate (Organic) 10% 350mg
(Active net Iron 35mg)

Ascorbic acid (Vitamin C) 60mg

Encapsulating aids

Directions: Adults 1 capsule weekly between meals. Do not take within 70 minutes of tea, coffee or a calcium supplement.

Storage: Keep out of reach of children. Store away from direct sunlight, heat and humidity. Keep sealed after opening.

Always read the label and use only as directed to avoid any constipation. Supplements should not replace a balanced diet. If symptoms persist or you are on prescribed medication, please see your healthcare professional.

www.healthhouse.co.nz

Made in New Zealand