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> NOW Supplements Iron 36 mg Veg Capsules Instruction Manual

## NOW Foods 1444

# NOW Supplements Iron 36 mg Veg Capsules Instruction Manual

Model: 1444

## INTRODUCTION

This manual provides essential information for the safe and effective use of NOW Supplements Iron 36 mg Double Strength Veg Capsules. Iron is a vital mineral involved in energy production, immune function, and neurological health. This product utilizes Ferrochel™ Iron Bisglycinate, known for its superior absorption and gentle, non-constipating properties.

## PRODUCT OVERVIEW

The NOW Supplements Iron 36 mg Veg Capsules are designed to provide a double-strength dose of iron in a highly absorbable form. Each capsule contains 36 mg of elemental iron from 180 mg of Ferrochel™ Iron Bisglycinate. The capsules are vegetarian/vegan, soy-free, kosher, non-GMO, and halal.





Image: Front view of the NOW Supplements Iron 36 mg bottle, highlighting the product name and key features.

## SETUP

No specific setup is required for this dietary supplement. Ensure the product is stored in a cool, dry place after opening to maintain its quality and potency.

## OPERATING INSTRUCTIONS (USAGE)

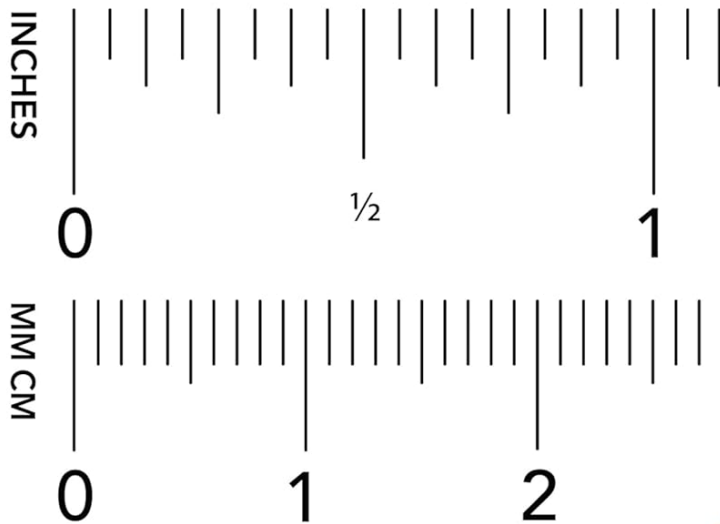
### Recommended Dosage:

- Take 1 capsule daily with a meal.
- Do not exceed the recommended dosage unless directed by a physician.

### Important Considerations:

- **For adults only.**
- Consult a physician if pregnant/nursing, taking medication, or have a medical condition.
- Keep out of reach of children.
- **WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

# Capsule Size



Size and color shown may vary from actual product.

*Image: Detailed view of the Supplement Facts label on the NOW Supplements Iron 36 mg bottle, showing dosage and ingredients.*

## MAINTENANCE

Store the product in a cool, dry place after opening. Ensure the lid is tightly closed to prevent moisture and air exposure, which can degrade the capsules.

## TROUBLESHOOTING

### Common Concerns:

- **Constipation:** While Ferrochel™ Iron Bisglycinate is designed to be non-constipating, some individuals may still experience digestive discomfort. Ensure adequate hydration and fiber intake. If symptoms persist, consult a healthcare professional.
- **Stomach Upset:** Taking the capsule with a meal can help minimize any potential stomach upset.
- **No noticeable effect:** Individual responses to supplements vary. Ensure consistent daily intake as directed. If concerns about iron levels persist, consult a physician for testing and personalized advice.

## SPECIFICATIONS

Feature	Detail
Product Name	NOW Supplements, Iron 36 mg, Double Strength, Non-Constipating*, Essential Mineral, 90 Veg Capsules
Brand	NOW Foods
Model Number	1444
Item Form	Capsule
Primary Supplement Type	Iron
Concentration	36 mg (elemental iron) from 180 mg Ferrous Bisglycinate
Unit Count	90 Count
Diet Type	Halal, Kosher, Vegan
Allergen Information	Dairy Free, Egg Free, Nut Free, Soy Free
Product Dimensions	2 x 2 x 4.5 inches; 2.4 ounces
UPC	733739014443



# THERE IS A FINE LINE BETWEEN PASSION AND OBSESSION.

And by conducting 31,000 quality tests each month we've happily crossed it! At NOW, we have 150+ scientists that are trained on the most cutting-edge analytical instruments to test for everything from pesticides to potency.

*Image: A visual representation of the capsule size, indicating it is small and easy to swallow.*

## QUALITY ASSURANCE

NOW Foods is committed to producing high-quality supplements. This product is GMP Quality Assured, meaning every aspect of the manufacturing process has been examined and certified by a third party. In-house laboratories are ISO/IEC accredited for testing stability, potency, and product formulation.

# Certifications Matter

Intertek GMP certification means that every aspect of the NOW<sup>®</sup> supplement manufacturing process has been audited, including our laboratory/testing methods (for stability, potency, and product formulation).



*Image: Certification details for NOW Supplements, highlighting GMP Quality Assured status.*



*Image: A laboratory setting demonstrating the extensive quality testing performed on NOW products.*

## PRODUCT VIDEOS

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### Exclusive Tour Inside NOW Facilities

Your browser does not support the video tag.

*Video: An exclusive tour inside the NOW Foods manufacturing and quality control facilities, showcasing their commitment to product integrity.*

### Quality Obsessed. Priced Less.

Your browser does not support the video tag.

*Video: A short video highlighting NOW Foods' dedication to high quality standards while maintaining affordable pricing for their supplements.*

## WARRANTY AND SUPPORT

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For any questions regarding product quality, usage, or concerns, please contact NOW Foods directly through their official website or customer service channels. Refer to the product packaging for specific contact information. Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

