

FE COMPLEX

support for the production of hemoglobin and red blood cells*



Life's Medicine

Serving Size: 1 Capsule

Servings Per Container: 60

FE Complex is an advanced iron formula supplying key nutrients to assist the body's production of hemoglobin and healthy red blood cells.* It features Ferrochel®, Albion's patented iron bis-glycinate chelate. Ferrochel® is a well-tolerated, non-constipating iron that is much more highly absorbable than other forms of iron commonly used in dietary supplements.* The 5-MTHF in this formula – Quatrefolic® – is the most biologically active form of folate, allowing rapid uptake into the bloodstream.* The 5-MTHF in this formula is also known as the “L” form of 5-MTHF since it is the reduced form of folate.

Each Capsule Contains:

Vitamin C (as calcium ascorbate)	100 mg
Thiamin (as thiamin HCl)	5 mg
Vitamin B-6 (as pyridoxal-5'-phosphate)	10 mg
Folate	800 mcg

Provided As:

5-MTHF (6S-5-methyltetrahydrofolic acid, glucosamine salt†)	400 mcg
Folinic Acid	400 mcg
Vitamin B-12 (as methylcobalamin)	800 mcg
Iron (Ferrochel® ferrous bis-glycinate chelate)...	29 mg

Other Ingredients: HPMC (vegetable capsule), MCC (microcrystalline cellulose), rice flour, ascorbyl palmitate, silica.

Free of: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children less than 6 years of age. Keep this product out of reach of children. If an accidental overdose does occur, seek immediate medical attention or call a poison control center.

Ferrochel® and the **Albion Medallion** design are registered trademarks of Albion Laboratories, Inc.

†**As Quatrefolic® 5-MTHF.** Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent number 7,947,662.

Directions: Take one capsule daily or as directed by your healthcare practitioner.

