

# Spinach Iron Essential Blend

Whole-Food Iron for Whole-Body Wellness



# Spinach Iron Essential Blend

Support your iron levels the natural way with our clean, gentle formula powered by whole-food spinach. Enriched with natural ingredients like inulin, malic acid, and acacia gum, it works in harmony with ferrous sulfate for enhanced absorption. The easily mixable powder is gentle on the stomach and designed to minimize common side effects like digestive discomfort, nausea, and metallic aftertaste. Enjoy it daily as a delicious and convenient way to nourish your body and provide the iron it needs.

## BENEFITS

- Helps support healthy iron levels\*
- Natural iron boost from spinach\*
- Gentle on the stomach
- High in antioxidants and vitamins A and C\*
- May support digestion and metabolism\*

## FEATURES



Made in the USA



No Gluten Wheat, or Yeast



No Sweeteners or Preservatives



No Artificial Color or Flavor



Plant-Based

## FAQ

**Q: What makes Spinach Iron Essential Blend different?**

A: Spinach Iron Essential Blend delivers iron from spinach, paired with malic acid to enhance absorption. Unlike traditional iron supplements, it's gentle on the stomach and designed to minimize common side effects, offering a well-tolerated, natural, and effective way to support healthy iron levels.\*

**Q: How does Spinach Iron Essential Blend support digestion?**

A: This formula contains inulin (FOS) and acacia gum, which can help support digestion and metabolism.\*

**Q: What are the main benefits of Spinach Iron Essential Blend?**

A: With 18 mg of iron per serving, this supplement helps maintain healthy iron levels\* With the added benefits of spinach's vitamins A and C, antioxidants, and the gentle iron boost from ferrous sulfate, it's a convenient way to nourish your body naturally.\*

## HOW TO USE

**Stick Pack:** Mix one package of Spinach Iron Essential Blend with 8 oz. (240 mL) of water or your favorite beverage. For added nourishment and flavor, try it with Fortune Delight®.

Always read the product label – Use as directed.

\*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.

## INGREDIENT HIGHLIGHTS

### SPINACH (LEAF)

This nutrient-dense whole-food source of iron is rich in vitamins A and C, and powerful antioxidants. Naturally supporting healthy iron levels, its gentle, easily digestible properties make it an excellent choice for nourishing your body and promoting good health.\*

### FERROUS SULFATE (IRON)

This essential mineral plays a key role in vital biological processes and helps manage fatigue. In this blend, it offers an effective source of iron to support healthy iron levels and promote overall vitality.\*

### MALIC ACID

A naturally occurring organic compound found in many fruits, malic acid may help improve iron solubility and absorption, helping your body efficiently utilize this essential mineral for optimal benefits.\*

### INULIN (FOS) AND ACACIA GUM

These natural prebiotic fibers are gentle on the stomach and can help support digestion and metabolism and may aid in iron absorption.

**Supplement Facts**  
Serving Size 1 Stick Pack (5 g)  
Servings Per Container 10

	Amount Per Serving	% Daily Value
Calories	10	
Sodium	15 mg	<1%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	2 g	7%*
Potassium	6 mg	<1%
Calcium	20 mg	2%
Iron	18 mg	100%
Ingredients: Gum Arabic, Inulin, Spinach (Leaf), Natural Flavor, Ferrous Sulfate, and Malic Acid.		
* Percent Daily Values are based on a 2,000 calorie diet.		

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.