

# 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.

