DIRECTIONS: Adults take entire contents of one (1) packet daily with a meal and a glass of water. Use only as directed.

For best results, take on a regular basis.

WARNING: Consult a physician before using if you are pregnant, nursing a baby, taking medications, have heart disease, or any other medical condition. Dietary supplements can affect the way medicines work. KEEP THIS AND ALL DIETARY SUPPLEMENTS AWAY FROM CHILDREN.

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.

WARNING: Contains phenylalanine, do not take this product if you have PKU (phenylketonuria) or a genetic disorder that prevents your body from breaking down the amino acid - Phenylalanine.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.