Recommended Dose: Adults and Children (6 years and older): Take 1 capsule daily with a meal, a few hours before or after taking medications or other supplements, or as recommended by your health professional. Warming: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Some people may experience constipation, diarrhea, or vomiting. Stop use if hypersensitivity occurs. Use only if safety seal is intact. Store in a cool, dry place.

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.

¹This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

> v4 208-90U Manufactured for Seroyal USA Pittsburgh, PA 15275 1-888-737-6925 seroyal.com



GENESTRA BRANDS[®]

LITON Dietary Supplement Supports healthy red blood cell function¹

90 VEGETARIAN CAPSULES

Supplement Facts Serving Size 1 Capsule Servings per Container 90

Amount Per Serving		% DV
Iron (as carbonyl iron)	40 mg	222%
% Daily value (DV)		
Other ingredients: Collulose k	waromolloso acco	rbyl

Other ingredients: Cellulose, hypromellose, ascorbyl palmitate

