

Built to break down

The first 48-hour dosing routine with BioSeries™ technology, designed for optimal iron absorption and minimal GI discomfort, for those with low iron.*

Clinical research shows iron absorption is improved when iron doses of 60 mg or more are given every other day, as compared with every day.¹ Iron BioSeries™ is formulated with breakthrough BioSeries™ technology and an alternating day regimen, designed to support optimal iron absorption.*



Supplement Facts			
Serving Size: One (1) Vegan Capsule			
Servings Per Container: 15			
Amount/Serving		%DV for Adults	%DV for Pregnant/Lactating Women
Vitamin A (as beta-carotene)	260 mcg RAE	29%	20%
Vitamin C (as ascorbic acid)	24 mg	27%	20%
Iron (as ferrous bisglycinate chelate)	60 mg	333%	222%
Daily Value (DV)			

Other Ingredients: Cellulose, hypromellose, citric acid, silica, vegetable-based tablet coating, hydroxypropyl cellulose, ascorbyl palmitate, sunflower oil, oat fiber, psyllium husk.

Key Ingredients & Benefits

DESIGNED FOR OPTIMAL IRON ABSORPTION

BioSeries™ Technology combined with alternate day dosing, designed to support the release of iron when the body’s hepcidin levels are typically lower, for optimal iron absorption.*

BLOOD BOOSTING

Designed with bioavailable ferrous bisglycinate to support iron levels, which promotes red blood cell formation, oxygen transport, and energy metabolism.*

GI COMFORT

Gentle ferrous bisglycinate and a time-release formula designed to help ease gastrointestinal side effects, including occasional constipation.*

DESIGNED FOR KEY LIFE STAGES

Featuring ingredients validated for safety by a toxicologist, and supplementation with 60 mg of Ferrous bisglycinate is safe for pregnant and nursing women.^{†*}

[†]Consult your health care practitioner before using this product if you are pregnant or nursing, using medications or have a medical condition.

We’re Made Traceable®

100% of Ritual’s active and other ingredients are Made Traceable®, meaning we publicly share the supplier name and final place of manufacturing for our active and other ingredients. Because transparency is great, but traceability means more—it’s the very core of our commitment to quality, safety, and efficacy, and it’s how we empower women to make informed choices about what they put into their bodies.

Testing & Certifications

Each batch of Iron undergoes extensive third-party testing for heavy metals, microbes, and major allergens. We also test for purity and composition to ensure that what’s on the label is what’s in the product. That’s why we not only conduct our own testing but also achieved Clean Label Project Certification.

The Clean Label Project is considered one of the strictest for protecting consumers from harmful contaminants. It independently tests for 200+ environmental contaminants and harmful chemicals, such as heavy metals (like lead and arsenic), pesticide residues, plasticizers, and antibiotic residues.

Patent-Pending BioSeries™ Technology

Three-in-one tablet in capsule technology designed to promote iron absorption with the body’s hepcidin levels in mind.*

TABLET ONE: INSTANT RELEASE (When Taken in the Morning)

Formulated to release 20mg of iron within 1 hour when hepcidin levels are at their lowest when taken in the morning, designed to support optimal iron absorption.*

TABLET TWO: EXTENDED RELEASE

Designed to release 20mg of iron gradually over 2 hours, designed to help ease digestive side effects and promote iron absorption before the body's natural hepcidin levels peak.*

TABLET THREE: EXTENDED, EXTENDED RELEASE

Designed for a slow release of 20mg of iron over 4-6 hours, to support GI tract comfort.*

*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.