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Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Natural color variations may occur in this product.

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WARNING: Close tightly and keep out of the reach of children. Contains iron, which can be harmful or fatal to children under 6 in large doses. In case of accidental overdose, seek professional assistance or contact a Poison Control Center immediately.

Free of sugar, salt, starch, yeast, corn, soy, milk, wheat, and preservatives.

SUGGESTED USAGE: As a dietary supplement, take two tablets daily, preferably with meals.

Full Spectrum Minerals

High Potency

100 Tablets

A Dietary Supplement



Supplement Facts

Serving Size 2 Tablets
Servings per Container 50

	Amount Per Serving	%Daily Value
Vitamin D (as Cholecalciferol)	200 IU	50%
Calcium (from Calcium Carbonate, AAC* and Citrate)	1.0 g (1000mg)	100%
Iron (as AAC*)	20 mg	111%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide, AAC* and Citrate)	500 mg	125%
Chromium (Yeast-free)	100 mcg	83%
Molybdenum (as AAC*)	50 mcg	67%
Potassium (as AAC*)	99 mg	3%
Zinc (as AAC*)	22.5 mg	150%
Selenium (as L-Selenium Methionine)	50 mcg	71%
Copper (as AAC*)	1 mg	50%
Manganese (as AAC*)	5 mg	250%
L-Glutamic Acid (HCl)	50 mg	†
Boron (as AAC*)	3 mg	†
Vanadium (as AAC*)	50 mcg	†

†Daily Value not established

Other ingredients: Cellulose, Silica and Magnesium Stearate.
*Amino Acid Chelate