

TABLET SIZE

Made in the USA



CODE 1542B
V3

Do Not Eat Freshness Packet. Keep in Bottle.
Natural color variations may occur in this product.
Store in a cool, dry place after opening. Please Recycle.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition.

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.

*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.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily, preferably with food.



Full Spectrum Minerals

MULTI MINERAL FORMULA

- High Calcium for Bone Health
- Balanced for Maximum Utilization*

**IMPROVED
FORMULA!!**

250 Tablets

**A Dietary Supplement
Vegetarian/Vegan**



Supplement Facts

Serving Size 2 Tablets Servings Per Container 125

	Amount Per Serving	% Daily Value
Vitamin D (as Ergocalciferol)	200 IU	50%
Calcium (from Calcium Carbonate, Calcium AAC* and Calcium Citrate)	1 g (1,000 mg)	100%
Iron (from Iron AAC*)	20 mg	111%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide, Magnesium AAC* and Magnesium Citrate)	500 mg	125%
Zinc (from Zinc AAC*)	22.5 mg	150%
Selenium (from L-Selenomethionine)	50 mcg	71%
Copper (from Copper AAC*)	1 mg	50%
Manganese (from Manganese AAC*)	5 mg	250%
Chromium (from Chromium Chelavite®)	100 mcg	83%
Molybdenum (from Sodium Molybdate)	50 mcg	67%
Potassium (from Potassium Chloride)	99 mg	3%
L-Glutamic Acid (from L-Glutamic Acid HCl)	40 mg	†
Boron (from Boron Citrate)	3 mg	†
Vanadium (from Vanadyl Sulfate)	50 mcg	†

† Daily Value not established.

Other ingredients: Cellulose, Silica, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Formulated & Distributed by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/1542

AAC* = Amino Acid Chelate

Chromium Chelavite® is a registered trademark of Albion Labs.