

ACTUAL SIZE



CODE 1544T V3

Manufactured by NOW FOODS, 395 S. Glen Elyn Rd
Bloomingtondale, IL 60108 Made in the U.S.A. www.nowfoods.com

Do Not Eat Freshness Packet. Keep in Bottle.
Store in a cool, dry place. Please Recycle.

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

Now® Full Spectrum Mineral Caps is a comprehensive

combination of the most important dietary minerals used by

your body. This formula contains recommended potencies of

essential minerals such as Calcium for strong bones and

teeth and Zinc for immune system support.* Plus, Full

Spectrum Mineral Caps is an iron-free supplement and con-

tains a 1:1 ratio of Calcium to Magnesium.

SUGGESTED USAGE: As a dietary supplement, take 4 cap-

sules daily, preferably with meals.

Full Spectrum Minerals Caps

MULTI MINERAL FORMULA

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

120 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 4 Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	400 IU	100%
Calcium (from Hydroxyapatite†)	500 mg	50%
Phosphorus (from Hydroxyapatite*)	193 mg	19%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Magnesium Oxide and Citrate)	500 mg	125%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from L-Selenomethionine)	80 mcg	114%
Copper (from Amino Acid Chelate)	2 mg	100%
Manganese (from Amino Acid Chelate)	5 mg	250%
Chromium (from Chromium Chelavite®)	200 mcg	167%
Molybdenum (from Amino Acid Chelate)	100 mcg	133%
Potassium (from Potassium Chloride)	99 mg	3%
Boron (from Amino Acid Chelate)	3 mg	†
Vanadium (from Amino Acid Chelate)	50 mcg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Rice Flour and Magnesium Stearate (vegetable source).

Contains no sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

* Hydroxyapatite is a phosphate complex of Calcium that occurs as a mineral and is the chief structural element of bones.

Chromium Chelavite® is a registered trademark of Albion Labs.