

ACTUAL SIZE

Manufactured by NOW FOODS, BLOOMINGDALE, 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.

SUGGESTED USAGE: As a dietary supplement, take 4 capsules daily, preferably with meals.
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 contains a 1:1 ratio of Calcium to Magnesium.



Full Spectrum Minerals Caps

MULTI MINERAL FORMULA

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

240 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 4 Capsules
Servings Per Container 60

	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)	100 mcg	143%
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, corn, soy, 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.

CODE 1545 V1

