

**SUGGESTED USE:** Take 1 capsule with breakfast or lunch or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach by children.

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**Manufactured for and Distributed by:**  
Seeking Health  
3140 Mercer Ave  
Bellingham, WA 98225  
(800) 547-9812



PHYSICIAN FORMULATED



Seeking Health®

**Manganese**

10 mg

**Dietary Supplement**

**100 VEGETARIAN CAPSULES**

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 100

	Amount Per Serving	%Daily Value
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	10 mg	500%

**Other Ingredients:** Microcrystalline cellulose, HPMC (capsule), ascorbyl palmitate, and silica.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, GMO, or gluten.

**Manganese Meets or Exceeds cGMP Quality Standards.**

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REV. 060316

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