

Complete H₂O Minerals

Manganese is essential for normal brain and muscle function. It is also necessary for forming the cushioning material between the joints. Manganese is also key in many enzyme functions, acting as a catalyst for utilization of choline, biotin, ascorbic acid, and thiamine.

In processing, FDA & GMP guidelines are observed and strictly followed.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.

Manufactured by:

Complete H₂O Minerals
707 Greenwood Road
West Columbia, SC 29169



**QUALITY PRODUCTS
FOR A QUALITY LIFE!**

MANGANESE

CONCENTRATE

Dietary Supplement

NET WT. 32oz. 1qt. (946mL)

Complete H₂O Minerals

For best results, store in a cool, dark place and use within six months.

NOTE: Do not use if tamper seal is broken or missing.

Complete H₂O Minerals contain no preservatives, fillers or artificial ingredients.

Recommended Dosage:

Adults: 1 Tsp. 250 mcg
Children: 1/2 Tsp. 125 mcg
or as recommended by a health care professional.

Supplement Facts

Serving Size 1 tsp. (5mL)
Servings Per Container 192

Amount Per Serving	%Daily Value*	
Calories	0	0%
Total Fat	0	0%
Total Carb.	0	0%
Manganese	250 mcg	3%
Chloride	330 mcg	0%

INGREDIENTS: PURIFIED WATER, MANGANESE CHLORIDE (50 PPM).

*Percent Daily Values based on a 2,000 calorie diet.



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