

### Complete H<sub>2</sub>O 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 H<sub>2</sub>O Minerals**  
707 Greenwood Road  
West Columbia, SC 29169



TM

**QUALITY PRODUCTS  
FOR A QUALITY LIFE!**

# MANGANESE

## CONCENTRATE

## Dietary Supplement

NET WT. 16oz. 1pt. (473mL)

### Complete H<sub>2</sub>O 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 H<sub>2</sub>O Minerals contain no preservatives, fillers or artificial ingredients.

#### Recommended Dosage:

Adults: 1 Tsp. 250 mcg  
Children: ½ Tsp. 125 mcg  
or as recommended by a health care professional.

#### Supplement Facts

Serving Size 1 tsp. (5mL)  
Servings Per Container 96

| 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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