



mineral
300 tablets
dietary supplement

multi minerals
with boron & vitamin D

bones^v
teeth^v

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Tablets

Servings Per Container: 100

	Amount Per Serving	% Daily Value
Vitamin D (as ergocalciferol)	5 mcg	25%
Calcium (as calcium carbonate, citrate, gluconate)	1000 mg	77%
Iron (as ferrous fumarate)	20 mg	111%
Iodine (from kelp and potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, citrate)	500 mg	119%
Zinc (as zinc oxide)	22.5 mg	205%
Selenium (as l-selenomethionine)	50 mcg	91%
Copper (as copper gluconate)	1 mg	111%
Manganese (as manganese amino acid chelate, sulfate)	5 mg	217%
Chromium (as chromium amino acid chelate)	100 mcg	286%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	111%
Potassium (as amino acid complex, chloride)	99 mg	2%

	Amount Per Serving	% Daily Value
Boron (as boron citrate, aspartate, glycinate complex)	3 mg	*
Vanadium (amino acid chelate)	50 mcg	*
Glutamic Acid (as L-glutamic acid HCl)	50 mg	*

* Daily Value not established.

Other ingredients: Stearic acid, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, purified water, hydroxypropyl methylcellulose, polyethylene glycol.

Contains: Wheat.

Does not contain: Soy, Dairy, Fish, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take three (3) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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