



multi minerals with boron & vitamin D no iron

formulated with
essential trace minerals

mineral
100 tablets
dietary supplement

bones^v
teeth^v

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Tablets

Servings Per Container: 33

	Amount Per Serving	% Daily Value
Vitamin D (as ergocalciferol)	5 mcg	25%
Calcium (as carbonate, citrate, gluconate)	1000 mcg	75%
Iodine (from kelp, as potassium iodide)	150 mcg	100%
Magnesium (as oxide, citrate)	500 mg	120%
Zinc (as zinc oxide)	22.5 mg	205%
Selenium (as l-selenomethionine)	50 mcg	90%
Copper (as copper gluconate)	1 mg	110%
Manganese (as amino acid chelate, sulfate)	5 mg	215%
Chromium (as amino acid chelate)	100 mcg	285%
Molybdenum (as amino acid chelate)	50 mcg	110%
Potassium (as amino acid chelate, chloride)	99 mg	2%
Boron (as 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: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, aqueous coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol).

Contains: Soy.

Does not contain: Gluten, Artificial Colors or Flavors.

DIRECTIONS: 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.

▼ **This statement has 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.

Distributed by: Vitamin Shoppe, Inc.

Secaucus, NJ 07094

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