

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 3 capsules, 1–2 times daily, with meals.

Warning: See side panel.

Keep out of the reach of children.

CHROMEMATE®

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niacin-bound chromium.
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Use only if safety seal is
intact.

Contents may not fill bottle
in order to accommodate
required labeling. Please rely
on stated quantity.

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Certification Organization,
www.gluten.org



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Mineral 650®

*Complete chelated-mineral formula
Comprehensive mineral support for
daily wellness†*

**Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement**
180 CAPSULES



Supplement Facts

Serving size 3 capsules

Servings per container 60

	Amount Per Serving	%DV
Calcium (as calcium citrate)	150 mg	12%
Iron (as iron glycinate)	5 mg	28%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as magnesium citrate)	125 mg	30%
Zinc (as zinc picolinate)	12.5 mg	114%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper glycinate)	1 mg	111%
Manganese (as manganese aspartate)	2.5 mg	109%
Chromium (as chromium polynicotinate)	100 mcg	286%
Molybdenum (as molybdenum aspartate)	50 mcg	111%
Potassium (as potassium aspartate)	49 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as vanadium aspartate)	50 mcg	*

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

†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.

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code: **MF1**