

Contains No Added sugar, salt, dairy, wheat, yeast, corn, soy, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take four (4) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place, and away from direct light.

Keep out of reach of children.

**QUALITY AND POTENCY
GUARANTEED**

Formulated for:
Martin Avenue Pharmacy, Inc.
"We Make It Better..."
Naperville, IL 60540
(630) 355-6400



Essential Minerals

with Trace Elements
Dietary Supplement
100 Tablets
www.MartinAvenue.com

Supplement Facts

Serving Size: 4 Tablets

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calcium	1000 mg	100 %	Chromium (as polynicotinate)**	100 mcg	83%
(as citrate, hydroxyapatite, carbonate)			Molybdenum (as amino acid chelate)	50 mcg	67%
Vitamin D (as cholecalciferol)	100 I.U.	25%	Potassium (as citrate)	99 mg	3%
Iron (as amino acid chelate)	5 mg	28%	Horsetail	100 mg	*
Iodine (from Norwegian Kelp)	220 mcg	150%	(Equisetum arvense) herb extract		
Magnesium (as citrate, oxide)	750 mg	188%	Vanadium (as amino acid chelate)	25 mcg	*
Zinc (as zinc methionine)**	15 mg	100%	Boron (as citrate, aspartate, glycinate)	1 mg	*
Selenium (as L-selenomethionine)	100 mcg	143%	Betaine hydrochloride	160 mg	*
Copper (as aspartate)	1 mg	50%	Trace mineral blend (from bentonite clay)	20 mg	*
Manganese (as arginate)	20 mg	1000%			

* Daily Value Not Established

Other Ingredients: May contain one or more of the following; magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate and silica.

**From L-OptiZinc® brand of zinc methionine, trademark of Inter-Health Company.

*** From ChromeMate® brand of chromium, trademark of Inter-Health Company.