

CHELATED MINERAL SUPPLEMENT

Minerals are Chelated (bonded) to Promote Mineral Absorption.



# LIQUID MULTIPLE MINERALS

90 SOFT GELS

Not for sale in California

5054 - 1d

Carlson **LIQUID MULTIPLE MINERALS** is a balanced formulation of major and trace minerals in easy-to-swallow soft gels.

Minerals are chelated (bonded) with amino acids (components of protein as glycine and methionine) to promote the absorption of the minerals.

## Supplement Facts

Serving Size 3 Soft Gels  
Servings Per Container 30

|                                                                  | Amount Per 3 Soft Gels | % DV |
|------------------------------------------------------------------|------------------------|------|
| Calories                                                         | 25                     |      |
| Calories from Fat                                                | 20                     |      |
| Total Fat                                                        | 2 g                    | 3% * |
| Calcium (from calcium glycinate chelate and dicalcium phosphate) | 400 mg                 | 40%  |
| Iron (from iron glycinate chelate)                               | 18 mg                  | 100% |
| Phosphorus (from dicalcium phosphate)                            | 153 mg                 | 15%  |
| Iodine (from potassium iodide)                                   | 300 mcg                | 200% |
| Magnesium (from magnesium glycinate chelate)                     | 200 mg                 | 50%  |
| Zinc (from zinc glycinate chelate)                               | 15 mg                  | 100% |
| Selenium (from selenomethionine)                                 | 105 mcg                | 150% |
| Copper (from copper glycinate chelate)                           | 2 mg                   | 100% |
| Manganese (from manganese glycinate chelate)                     | 6 mg                   | 300% |
| Chromium (from chromium nicotinate glycinate chelate)            | 180 mcg                | 150% |
| Molybdenum (from molybdenum glycinate chelate)                   | 75 mcg                 | 100% |
| Potassium (from potassium chloride)                              | 100 mg                 | 3%   |
| Boron (from boron glycinate chelate)                             | 10 mg                  | †    |
| Vanadium (BMOV)                                                  | 1 mg                   | †    |

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Sunflower oil, beeswax, lecithin (soybeans), rice flour.  
Soft Gel Shell: Beef gelatin, glycerin, carob, water, titanium dioxide.

**Directions:** Take three soft gels daily at mealttime. Keep bottle tightly closed and away from heat and moisture.

Natural color. No preservatives. Wheat-free. Yeast-free. Milk-free. Gluten-free.

**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.

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