

USAGE: Take 2 capsules 3 times per day (for a total of 6) with meals, or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially warfarin/Coumadin), consult your healthcare professional before using this product.

Jarrow Formulas® Mineral Balance® provides essential macro- and trace minerals needed for the support and maintenance of optimal health.*

Keep out of the reach of children.

* 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.

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Lot #. Best Used Before:

Distributed Exclusively by:
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Jarrow®
FORMULAS

**Iron-Free
Mineral Complex**

Mineral Balance®

Balanced Multi Minerals

120
CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 6 Capsules
Servings Per Container 20

	Amount Per Serving	% DV
Vitamin D ₃ (Cholecalciferol)	25 mcg (1,000 IU)	130%
Vitamin K (Vitamin K ₁ as Phylloquinone) (Vitamin K ₂ as MK-7)	100 mcg 20 mcg	100%
Calcium (Elemental) (as Calcium Malate)	1,000 mg	80%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	400 mg	100%
Zinc (L-OptiZinc®) (as Zinc L-Methionine Sulfate)	10 mg	90%
Selenium (as Methylselenocysteine)	50 mcg	90%
Copper (as Copper Gluconate)	2 mg	220%
Manganese (as Manganese Citrate)	1 mg	45%
Chromium (In a Food Matrix of <i>Saccharomyces cerevisiae</i> Nutritional Yeast)	200 mcg	570%
Molybdenum (as Sodium Molybdate)	75 mcg	170%
Potassium (as Potassium Chloride)	99 mg	2%

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of bovine gelatin.

Contains: Soy (in trace amounts, from MK-7 fermentation).

No wheat, gluten, dairy, egg, fish/shellfish, or peanuts/tree nuts.