



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Mineral Max

with
**Vitamin B-12
and Biotin**

Liquid Mineral
Supplement

Cherry Flavor



32 fl oz (1 qt) (946 ml)

Supplement Facts

Serving Size 2 Tablespoons (1 fl oz)
Servings Per Container 32

Amount Per Serving		% Daily Value
Calories	25	
Total Carbohydrate	5 g	2%†
Total Sugars	4 g	*
Includes 4 g Added Sugars		8%
Vitamin B-12 (as cyanocobalamin)	1,000 mcg	41,667%
Biotin USP	200 mcg	667%
Calcium (from calcium chloride, calcium citrate, calcium glycerophosphate)	25 mg	2%
Magnesium	100 mg	24%
(from magnesium citrate and magnesium sulfate)		
Zinc (from zinc sulfate and zinc citrate)	10 mg	91%
Selenium (from sodium selenite)	50 mcg	91%
Manganese (from manganese sulfate)	5 mg	217%
Chromium (from chromium chloride and Chromax® chromium picolinate)	50 mcg	143%
Potassium	50 mg	1%
(from potassium chloride and potassium citrate)		
72 Naturally Occurring Trace Minerals (from diatomaceous earth)	1.05 g	*
Silica (from sodium metasilicate)	1 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Purified water, sorbitol, fructose, citric acid,
natural cherry flavor, sodium benzoate, caramel color.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

Chromax® is a registered trademark of Nutrition 21 and is
licensed under U.S. patents #5,087,623; #5,087,624; and
#5,175,156.

SUGGESTED USE:

As a dietary supplement, take 2 table-
spoons (1 fl oz) per day. May be mixed
with water or juice.

For best results store at room tempera-
ture and shake vigorously prior to use.

**Mineral Max with Vitamin B-12 and
Biotin** is a great-tasting, highly bio-
available colloidal mineral supplement.
Minerals play key roles in many
biochemical processes in the body.

Today, trace mineral supplementation is a
growing need. **Mineral Max with Vitamin
B-12 and Biotin** is specially processed
from virgin mineral deposits, suspended
in a highly absorbable natural cherry
base made with purified water to bring
you a truly flavorful, mineral-rich dietary
supplement.

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