

- GMP Manufacturing • Quality Assured • Independent Testing
- Do Not Use if Safety Seal is Broken
- Store Tightly Sealed in a Cool, Dry Place

Discussion: Ortho Minerals is a balanced multi-mineral formula, including officially recognized essential minerals as well as dietary minerals which research suggests may also be essential and have important health benefits.*

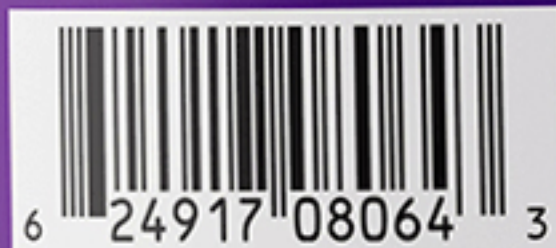
Directions: Take 1 capsule 1-7 times a day with food, or as directed by a qualified health care practitioner. Take a few hours before or after taking other medication.

Warning: Do not use if you are pregnant or breastfeeding. Consult your physician if you have a medical condition, or if you're taking any medication. Keep out of reach of children.

Caution: Some people may experience diarrhea. Take a few hours before or after taking other medication.

*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.

Item# AOR08064 NV01.00



AORTM
Advanced Orthomolecular Research

Ortho Minerals



Vegan



Non-GMO



Gluten Free

Premium Essential Minerals + D3

210 VEGETARIAN
CAPSULES

PREMIUM

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule
Servings Per Container: 210

Amount per serving	Per Capsule		Per Day (7 Capsules)	
		% DV		% DV
Vitamin D3 (as Cholecalciferol)	3.6 mcg (143 IU)	18%	25 mcg (1,000 IU)	125%
Calcium (from citrate malate)	143 mg	11%	1,000 mg	77%
Iodine (from potassium iodide)	21 mcg	14%	150 mcg	100%
Magnesium (from magnesium aspartate, oxide)	60 mg	14%	420 mg	100%
Zinc (from zinc citrate)	1.6 mg	14%	11 mg	100%
Selenium (as Selenomethionine)	7.9 mcg	14%	55 mcg	100%
Copper (from copper citrate)	0.1 mg	16%	1 mg	111%
Manganese (from manganese bisglycinate)	0.4 mg	16%	2.5 mg	109%
Chromium [from chromium (III) picolinate]	14 mcg	41%	100 mcg	286%
Molybdenum (from sodium molybdate)	6 mcg	14%	45 mcg	100%
Chloride (from potassium chloride)	10 mg	<1%	90 mg	4%
Potassium (from potassium chloride)	15 mg	<1%	100 mg	2%
Boron (from boron citrate)	100 mcg	†	700 mcg	†
Silicon (from HVP chelate)	7.1 mg	†	50 mg	†
Vanadium (from vanadium citrate)	2.6 mcg	†	18 mcg	†

†Daily Value not established.

Other Ingredients: microcrystalline cellulose, capsule (hydroxypropyl methylcellulose and purified water), maltodextrin, citric acid (preservative), glycine, L-aspartic acid, cornstarch, rice flour, soy flour, magnesium trisilicate, silicon dioxide, tapioca dextrin, dicalcium phosphate, sodium stearyl fumarate.

Contains: soy.

AORTM guarantees that all ingredients have been declared on the label. Made without wheat, gluten, peanuts, sesame seeds, sulphites, mustard, dairy, eggs or any animal byproduct.

Manufactured by AORTM Inc. 30 Industrial West, Clifton, NJ, 07012 • Product of Canada

To report a serious adverse event or obtain product information, call 1-866-215-0450