



Carlson®

Chelated Manganese

20 mg • Superior Absorption

DIETARY SUPPLEMENT

✓ Healthy Metabolism* ✓ Bone Support* ✓ Brain Health*

250 Tablets

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 250

	Amount Per Serving	% Daily Value
Manganese (from manganese glycinate chelate)	20 mg	870%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid (veg.), silicon dioxide, ethylcellulose.

Directions: Adults: take one tablet every other day **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
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Manganese is an essential trace mineral involved in many body functions, including supporting a healthy metabolism, and promoting bone and brain health.* **Chelated Manganese** contains manganese bound to the amino acid glycine for optimal absorption.

✓ **Gluten-free**
✓ **No Artificial Preservatives**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



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