## PRODUCT INFORMATION: Two tablets typically provide: \*\*NRV\*\*

%NRV*					
	Calcium	375mg	47	Boron	1n
	Magnesium	124ma	33	Spirulina	20 n
	Iron	8mg	57	Alfalfa	20 n
	Zinc	10mã	100	Nettle extract 4:1	20n
	Copper	1mg	100	Parslev	20n
	Manganese	4mg	200	Carrot	20 n
	Selenium	50µğ	91	Watercress	20 n
	Chromium	50µg	125	Fennel seed	20 n
	Molvbdenum	10µg	20	Dandelion extract 5:1	4n
	lodine	30µğ	20	Coriander seed	20n
	Silicon	9mn		Broccoli extract 15-1	10n

\*NRY = Nutrient Reference Value
INGREDIENTS: Natural Lithothammion calcarea, magnesium
(magnesium citrate, magnesium oxide); bulking agent:
microcrystalline cellulose (silicon dioxide); anti-càking agent:
magnesium shearate; natural kelpt; zinc citrate, ferrous

magnesium stearate; natural kelpt, zinc citrate, ferrous "tumarate, manganese citrate, silicon dioxide, spirulina powder, alfalfa powder, nettle extract, parsley powder, carrot powder, watercress powder, fennel seed powder, dandelion root extract, coriander seed powder, selemonethionine lbulking agent: microcrystalline cellulose); broccoli extract, zein protein coating, di-sodium tetraborate, copper citrate, chromium picolinate, sodium molybdate.

†May contain naturally occurring fish and crustacea.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, sugar, wheat, yeast.

This product has not been tested on animals.

## HIGHER NATURE®

**EVERYDAY ESSENTIALS** 

## **BIO MINERALS**

Plant based multimineral complex



BIO MINERALS FOOD SUPPLEMENT - 90 TABLETS

DIRECTIONS: Take 2 tablets (children 8 and over 1 tablet) a day with meals. Do not exceed recommended

Do not exceed recommended daily intake. A daily multivitamin is also recommended. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING: This product contains iron which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach. Total content of iron per bottle is 360mg.

STORAGE: Store in a cool, dry place out of reach of children.



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90 tablets