

Bio-Mins is a complete mineral supplement in one capsule. Prevent deficiency and improve your general health by ensuring that you have adequate amounts of these key nutrients in the diet.

**Recommendation:** Take four capsules per day following meals or as directed by your health care professional.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **KEEP OUT OF THE REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately. If tamper resistant seals are broken do not use this product.



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NUTRACEUTICALS

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# Bio-Mins

Chelated  
Multimineral  
Supplement

180 Capsules

Bringing Balance Back to Life

## Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 45

	Amount	%DV		Amount	%DV
Vitamin D	20 mcg	100%	Zinc (AA Chelate)	14 mg	127%
Vitamin K	120 mcg	100%	Selenium (AA Chelate)	140 mcg	255%
Vitamin B6	4 mg	235%	Copper (AA Chelate)	1.4 mg	155%
Folic Acid	4 mg	1000%	Manganese (AA Chelate)	12 mg	522%
Vitamin B12	100 mcg	4166%	Chromium (AA Chelate)	500 mcg	1428%
Calcium (Citrate)	400 mg	31%	Molybdenum (AA Chelate)	140 mcg	311%
Iron (AA Chelate)	18 mg	100%	Potassium	68 mg	1%
Iodine	150 mcg	100%	Vanadium (AA Chelate)	300 mcg	**
Magnesium (AA Chelate)	200 mg	48%	Boron (Citrate)	200 mcg	**

\*\* Daily Value not established

Other Ingredients: Magnesium stearate and silica.