

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
www.douglaslabs.com 1.800.245.4440

**Suggested Usage:** As a dietary supplement, adults take 3 capsules daily with food or as directed by your health professional.

**Warning:** If you are pregnant or nursing, have any health condition, particularly liver disease, or are taking any medication, consult your health professional before using this supplement. Do not exceed the suggested daily dose unless recommended and monitored by your health professional.

OptiZinc® is a registered trademark of InterHealth N.I.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.

**Gluten-free, Non-GMO**

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



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Formula #BMN V2

# Basic Minerals™ Iron Free

## Dietary Supplement

A mineral/trace element formula for daily wellness<sup>†</sup>



180 Capsules

## Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 60

	Amount Per Serving	%DV
Calcium..... 200 mg (as calcium citrate)	200 mg	15%
Iodine..... 75 mcg (from kelp)	75 mcg	50%
Magnesium (as magnesium aspartate/ amino acid chelate)..... 200 mg	200 mg	48%
Zinc..... 10 mg (as OptiZinc®, monomethionine)	10 mg	91%
Selenium..... 100 mcg (as selenium amino acid chelate)	100 mcg	182%
Copper..... 1 mg (as copper amino acid chelate)	1 mg	111%
Manganese..... 10 mg (as manganese amino acid chelate)	10 mg	435%
Chromium..... 100 mcg (as chromium polynicotinate)	100 mcg	286%
Molybdenum..... 75 mcg (as molybdenum amino acid chelate)	75 mcg	167%
Potassium..... 49.5 mg (as potassium chloride)	49.5 mg	1%
Vanadium (as vandyl sulfate)..... 19.5 mcg	19.5 mcg	*
Boron (as boron aspartate/citrate)..... 1 mg	1 mg	*

\*Daily Value (DV) not established

Other ingredients: Gelatin (capsule), microcrystalline cellulose, vegetable stearate and silica

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