

Directions: As a dietary supplement, take 1 or more tablets daily.

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, croscarmellose, titanium dioxide.

Note: All mineral potencies indicated are elemental.

Contains No: Gluten, sugar, salt, starch, yeast, corn, wheat, soy, lactose, milk, egg, fish products, artificial coloring, flavoring, or preservatives.

Minerals are extremely important in the function of human systems, working in concert with vitamins to normalize metabolism, growth, development and cellular activity. Calcium, magnesium and boron are necessary for healthy bones and teeth. Iron and copper are needed for healthy red blood cells and oxygen transport. Zinc and manganese are utilized in multiple cellular enzyme activities. Selenium provides antioxidant protection. Chromium supports healthy blood sugar metabolism.[†]

Store in a cool dry place. Do not refrigerate. Please recycle.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

[†] 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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Santa Clarita, CA 91355
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MADE IN THE USA • Non-GMO
In God We Trust
Manufactured in an NSF - GMP
Certified Facility



COMPLETE MINERALS



**regular
strength**

premium formulas • 210 tablets • dietary supplement

**Chelated multi-minerals
with Krebs' cycle interme-
diates[†]**

**We always use the highest
quality ingredients**

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 210

	Amount Per Serving	% Daily Value
Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	300 mg	30%
Iron (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	7.5 mg	42%
Vitamin D3 (as Cholecalciferol)	200 IU	50%
Iodine (as Potassium Iodide-Kelp)	37.5 mcg	25%
Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	150 mg	38%
Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	5 mg	33%
Selenium (as L-Selenomethionine)	25 mcg	36%
Copper (Gluconate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	.5 mg	25%
Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	1 mg	50%
G.T.F. Chromium (as Chromium Picolinate)	25 mcg	21%
Potassium (Citrate, Gluconate, Chloride, Aspartate, Ascorbate)	50 mg	1%
Boron (Citrate, Aspartate, Ascorbate)	1.5 mg	*

*Daily Value not established.
calorie diet.

**% DV based on a 2,000