

Complete H₂O Minerals

Manganese is essential for normal brain and muscle function. It is also necessary for forming the cushioning material between the joints. Manganese is also key in many enzyme functions, acting as a catalyst for utilization of choline, biotin, ascorbic acid, and thiamine.

Mixing Instructions: Mix with 8 to 10 ounces of juice or water.

In processing, FDA & GMP guidelines are observed and strictly followed.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.

Manufactured for:
Complete H₂O Minerals

1.877.MINERALS
(1.877.646.3725)
www.completeh2ominerals.com



**QUALITY PRODUCTS
FOR A QUALITY LIFE!**

MANGANESE

CONCENTRATE

Dietary Supplement

NET WT. 16oz. 1pt. (473mL)

Complete H₂O Minerals

For best results, store in a cool, dark place and use within six months.

NOTE: Do not use if tamper seal is broken or missing.

Complete H₂O Minerals contain no fillers or artificial ingredients.

Recommended Dosage:

Adults: 1 Tsp 250 mcg
Children: 1/2 Tsp 125 mcg
or as recommended by a health care professional.

Supplement Facts

Serving Size 1 tsp. (5mL)
Servings Per Container 96

	Amount Per Serving	%DV*
Manganese	250 mcg	6%

INGREDIENTS: PURIFIED WATER,
MANGANESE CHLORIDE (50 PPM ELEMENTAL
MANGANESE), BENZOIC ACID.

*Percent Daily Value based on a 2,000 calorie diet.

