



Core Minerals™

Balanced Mineral Complex

- *Easily Assimilated Forms*
- *Vegetarian*

Dietary Supplement • 120 capsules

Supplement Facts

Serving Size: 4 Capsules Servings Per Container: 30

Amount Per Serving	% Daily Value**	
Vitamin D3 (as Cholecalciferol)	5 mcg	25%
Calcium (as Ca Citrate & Ca Malate)	300 mg	23%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Mg Glycinate)	300 mg	71%
Zinc (as Zn Picolinate)	15 mg	136%
Selenium (as Se Citrate)	100 mcg	182%
Copper (as Cu Glycinate)	2 mg	222%
Manganese (as Mn Glycinate)	2 mg	87%
Chromium (as Cr Polynicotinate)	200 mcg	571%
Molybdenum (as Na Molybdate)	100 mcg	222%
Potassium (as K Citrate)	99 mg	2%
Boron (as B Picolinate)	2 mg	†
Vanadium (as Vanadyl Sulfate)	100 mcg	†

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

† Daily Value not established.

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.
Manufactured without milk, eggs, fish, crustacean shellfish and gluten. Produced in a facility that may process other ingredients containing these allergens.