

Puritan's Pride
Albion® Chelated Multi Mineral

90 Coated Caplets / Item #071269



Supplement Facts

Serving Size 3 Caplets

Servings Per Container 30

Amount Per Serving

Calcium

(as Calcium Glycinate Amino Acid Chelate† and Calcium Carbonate)

% Daily Value

500 mg 50%

Iron

(as Iron Bisglycinate Amino Acid Chelate†)

10 mg 56%

Iodine

(as Potassium Iodide)

150 mcg 100%

Magnesium

(as Magnesium Glycinate Amino Acid Chelate† and Magnesium Oxide)

250 mg 63%

Zinc (as Zinc Glycinate Amino Acid Chelate†)

10 mg 67%

Selenium (as Yeast-Free L-Selenomethionine)

50 mcg 71%

Copper

(as Copper Glycinate Amino Acid Chelate†)

0.25 mg 13%

Manganese

(as Manganese Glycinate Amino Acid Chelate†)

4 mg 200%

Chromium

(as Nicotinate Glycinate Amino Acid Chelate†)

20 mcg 17%

Sodium

15 mg 1%

Potassium (as Potassium Chloride)

99 mg 3%

Directions: For adults, take three (3) caplets daily, preferably with a meal.

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid. Contains <2% of: Silica, Vegetable Magnesium Stearate. No Artificial Color or Flavor, No Preservatives, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing. Accidental overdose of iron-containing products