

Multi Mineral Caps



How It Works:

Like vitamins, minerals are important nutrients for supporting overall health.* They play a variety of roles in the body, from supporting heart and bone health, to promoting healthy nerve and muscle function, to assisting in metabolic processes.*

Twinlab Multi Mineral Caps deliver 11 key minerals including calcium, iron, magnesium, zinc, and potassium in an all-natural mineral supplement to support optimal health.* No preservatives added.

Suggested Use:

Take one capsule two to four times daily.

Product Specs:

Size/Count: 180

Form: Capsule

WARNING:

ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

Proudly manufactured in our **NSF® GMP registered facility**

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule		% Daily Value
Calcium (from oyster shell & calcium citrate)	250 mg	25%
Iron (from ferrous fumarate)	2.5 mg	14%
Iodine (from kelp)	37.5 mcg	25%
Magnesium (from magnesium oxide and magnesium aspartate)	125 mg	31%
Zinc (from zinc picolinate)	7.5 mg	50%
Selenium (from sodium selenate)	50 mcg	71%
Copper (from copper gluconate)	500 mcg	25%
Manganese (from manganese gluconate)	2.5 mg	125%
Chromium (from chromium chloride)	50 mcg	42%
Molybdenum (from sodium molybdate)	125 mcg	167%
Potassium (from potassium citrate and potassium aspartate)	24.8 mg	<1%

OTHER INGREDIENTS: Gelatin, Potato Starch, Croscarmellose Sodium, Purified Water, Soy Lecithin, MCT Magnesium Stearate.