



# Chelated Minerals

**Balanced Blend • Maximum Absorption**

DIETARY SUPPLEMENT

✓ Optimal Wellness\* ✓ Bone Health\* ✓ Tissue Development\*  
90 Soft Gels | 30 Servings

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Carlson* Providing the highest quality nutritional supplements since 1965

## Supplement Facts

Serving Size 3 Soft Gels  
Servings per Container 30

|                                                                     | Amount Per Serving | % DV |
|---------------------------------------------------------------------|--------------------|------|
| Calories                                                            | 35                 |      |
| Total Fat                                                           | 2.5 g              | 3%** |
| Protein                                                             | 3 g                |      |
| Calcium (from calcium bisglycinate chelate and dicalcium phosphate) | 400 mg             | 31%  |
| Iron (from iron bisglycinate chelate)                               | 18 mg              | 100% |
| Phosphorus (from dicalcium phosphate)                               | 153 mg             | 12%  |
| Iodine (from potassium iodide)                                      | 300 mcg            | 200% |
| Magnesium (from magnesium glycinate chelate and magnesium oxide)    | 200 mg             | 48%  |

Other Ingredients: Sunflower oil, soft gel shell [beef gelatin, glycerin, water, carob, titanium dioxide (for color)], maltodextrin, soy lecithin, beeswax, microcrystalline cellulose, silicon dioxide.

**Directions:** Adults: take three soft gels daily **at mealtime**.  
Keep bottle tightly closed and away from heat and moisture.

✓ **Gluten-free** ✓ **Milk/Casein-free**  
✓ **No Artificial Preservatives**

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

|                                                | Amount Per Serving | % DV |
|------------------------------------------------|--------------------|------|
| Zinc (from zinc glycinate chelate)             | 15 mg              | 136% |
| Selenium (from selenomethionine)               | 105 mcg            | 191% |
| Copper (from copper glycinate)                 | 2 mg               | 222% |
| Manganese (from manganese glycinate chelate)   | 6 mg               | 261% |
| Chromium (from chromium nicotinate)            | 180 mcg            | 541% |
| Molybdenum (from molybdenum glycinate chelate) | 75 mcg             | 167% |
| Potassium (from potassium chloride)            | 100 mg             | 2%   |
| Boron (from boron amino acid chelate)          | 10 mg              | †    |
| Vanadium (Bis-Maltolato Oxo Vanadium)          | 1 mg               | †    |

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.

**⚠ WARNING:** Reproductive Harm — [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

## POTENCY & QUALITY GUARANTEED

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