

IT'S VITAL™ MINERALS

SUPPORT FOR BONE HEALTH†

60 Tablets

What is the recommended dosage for It's Vital Minerals?

Take two tablets daily. To experience best results, we recommend you take It's Vital Minerals with your first meal of the day.

Is It's Vital Minerals safe for me to use if I am pregnant, nursing or have an ongoing medical condition?

Before using any new product, whether a nutritional supplement, topical cream or treatment, or any other item, you should always consult your physician to find out if it is safe for you.

Can I give It's Vital Minerals to my children?

All It Works! products are recommended only for adults 18 years old or older.



SUPPLEMENT FACTS

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 30

	Amount per Serving	%DV
Vitamin D (as cholecalciferol).....	1,000 IU.....	250%
Vitamin K (45 mcg as natural vitamin K ₂ (MK-7) and 35 mcg as vitamin K ₁ (phylloquinone)).....	80 mcg.....	100%
Calcium (as calcium carbonate and from Aquamin® red algae sea minerals, calcium citrate & calcium amino acid chelate).....	500 mg.....	50%
Iodine (from Atlantic sea kelp).....	150 mcg.....	100%
Magnesium (as magnesium oxide, magnesium citrate, and from Aquamin® red algae sea minerals).....	200 mg.....	50%
Zinc (as zinc citrate, zinc glycinate chelate, and from Aquamin® red algae sea minerals).....	15 mg.....	100%
Selenium (as L-selenomethionine and from Aquamin® red algae sea minerals).....	200 mcg.....	286%
Copper (as copper glycinate chelate and from Aquamin® red algae sea minerals).....	2 mg.....	100%
Manganese (as manganese glycinate chelate and from Aquamin® red algae sea minerals).....	2 mg.....	100%
Chromium (as chromium picolinate & chromium polynicotinate).....	250 mcg.....	208%
Molybdenum (as molybdenum amino acid chelate and from Aquamin® red algae sea minerals).....	75 mcg.....	100%
Boron (as boron chelate and from Aquamin® red algae sea minerals).....	0.7 mg.....	*
Vanadium (as vanadyl sulfate and from Aquamin® red algae sea minerals).....	25 mcg.....	*

*Daily Value (DV) not established.

Other ingredients:

Microcrystalline cellulose, stearic acid, croscarmellose sodium, film coat (hypromellose, macrogol, hydroxypropyl cellulose, peppermint oil, stevia leaf extract), magnesium stearate and silica.

SUGGESTED USE

Adults take 2 tablets daily with food as a dietary supplement. For best results, take with first meal of the day. Drink at least 8 glasses of water daily.



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