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Puritan's Pride

Manganese

50mg

100 Tablets

vegetarian  
dietary supplement

TO REORDER ITEM # 1090

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Manganese	50 mg	2,174%
(as Manganese Gluconate)		

**Other Ingredients:** Vegetable Cellulose, Dicalcium Phosphate. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener,  
No Preservatives, No Sugar, No Starch, No Milk,  
No Lactose, No Soy, No Gluten, No Wheat,  
No Yeast, No Fish, Sodium Free.

Everyone knows that a good diet contributes to optimal health. But with fast-paced lifestyles and eating on the run, good nutrition can be a challenge. Manganese is a trace mineral necessary for normal skeletal development.\* Manganese nourishes the nerves and is needed for protein and carbohydrate production.\* This product contains the Manganese you need to promote well-being.\* Manganese is manufactured and tested with care so you can be assured of quality supplementation.

**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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

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1-800-645-1030

Carefully Manufactured by  
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