

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

GNC

Multi Mega Minerals[®]

Comprehensive formula provides minerals
essential for optimal health*

DIETARY SUPPLEMENT
100 CAPLETS

CODE 139112

A06

Directions: As a dietary supplement, take two caplets daily with food. For maximum benefits, take as directed every day.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 50

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol D-3)	400 IU 100%	Manganese (as Hydrolyzed Protein Chelate)	10 mg 500%
Calcium (as Calcium Carbonate)	1000 mg 100%	Chromium (as Hydrolyzed Protein Chelate)	100 mcg 83%
Iron (as Hydrolyzed Protein Chelate)	18 mg 100%	Chloride (as Potassium Chloride)	90 mg 3%
Iodine (as Kelp)	150 mcg 100%	Potassium (as Potassium Chloride)	95 mg 3%
Magnesium (as Magnesium Oxide)	500 mg 125%	Betaine Hydrochloride	100 mg *
Zinc (as Hydrolyzed Protein Chelate)	22.5 mg 150%		
Copper (as Hydrolyzed Protein Chelate)	3 mg 150%		

* Daily Value not established.

Other Ingredients: Cellulose.

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.

Potencies verified by GNC procedure #4000. Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, No Preservatives, No Wheat, No Gluten,
No Dairy, Yeast Free.

All mineral amounts shown are elemental.

* This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Lot No./Best By: