

Learn about our seals:
megafood.com/standards

*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



†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.

MegaFood®

From Farm to Tablet*

Balanced Minerals

Maintains bone &
cardio health†
Plus herb blend

90 TABLETS / 30 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 3 tablets daily with a beverage.
May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 3 tablets

Servings per container 30

Amount per serving	% DV
Calcium (as fermented calcium bisglycinate) 100 mg	8%
Iodine (as fermented iodine glycinate) 50 mcg	33%
Magnesium (as fermented magnesium bisglycinate) 50 mg	12%
Zinc (as fermented zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 60 mcg	109%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Molybdenum (as fermented molybdenum bisglycinate) 23 mcg	51%
Boron (as fermented boron triglycinate) 500 mcg	**
*Organic Herb Blend 150 mg	**
Organic nettle leaf, organic horsetail leaf	
** % Daily Value (DV) not established	

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), silicon dioxide, stearic acid, hypromellose.

MADE BY MEGAFOOD, PO BOX 5244
MANCHESTER, NH 03108 USA
MEGAFOOD.COM • 800.848.2542

MegaFood Balanced Minerals supports an already healthy cardiovascular system, and helps with the maintenance of bone health.† It combines minerals and organic herbs, like nettle leaf and horsetail leaf.

This product is made with fermented minerals.
Satisfaction guaranteed or your money back.

We believe the most nutritious food comes from healthy soil. Our goal is to partner with farmers who share our commitment to regenerative agriculture, working to nourish the soil for quality ingredients that make for premium supplements.

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Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.

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