



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%

	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 glycinate 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.

Other Ingredients: Sunflower oil, soft gel shell [beef gelatin, glycerin, water, carob, titanium dioxide (for color)], citric acid, 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.

WARNING: Reproductive Harm — www.P65Warnings.ca.gov

POTENCY & QUALITY GUARANTEED

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