

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 to 2 capsules twice daily with food, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are independently tested by U.S. labs.
Learn more at vitalnutrients.net



VITAL
NUTRIENTS

Multi-Minerals

Citrate/Malate Formula
(No Copper or Iron)

DIETARY SUPPLEMENT
120 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 2 vegetarian capsules

Servings Per Container: 60

	Amount Per Serving	%DV
Calcium (as dicalcium malate)	150mg	12%
Iodine (as potassium iodide)	60mcg	40%
Magnesium (as dimagnesium malate)	135mg	32%
Zinc (as zinc citrate)	10.5mg	95%
Selenium (as selenomethionine)	75mcg	136%
Manganese (as manganese citrate)	2mg	87%
Chromium (as chromium polynicotinate)	100mcg	286%
Molybdenum (as molybdenum citrate)	45mcg	100%
Potassium (as potassium citrate)	45mg	1%
Boron (as boron citrate)	1.5mg	*
Vanadium (as vanadium citrate)	5mcg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Magnesium Silicate, and Leucine.

manufactured by
VITAL NUTRIENTS
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