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Manufactured for:  
**Douglas Laboratories**  
600 Boyce Road  
Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)  
1.800.245.4440

**Suggested Usage:** As a dietary supplement, adults take 6 capsules daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

BMN

# Basic Minerals™

A Dietary Supplement



180 Capsules

## Supplement Facts

Serving Size 6 Capsules • Servings Per Container 30

| Amount Per Serving                          | %DV          |
|---------------------------------------------|--------------|
| Calcium (as calcium citrate) .....          | 400 mg 40%   |
| Iodine (from kelp).....                     | 150 mcg 100% |
| Magnesium (as magnesium aspartate .....     | 400 mg 100%  |
| and magnesium amino acid chelate)           |              |
| Zinc (as zinc amino acid chelate).....      | 20 mg 133%   |
| Selenium (as selenium amino .....           | 200 mcg 286% |
| acid complex)                               |              |
| Copper (as copper amino acid chelate).....  | 2 mg 100%    |
| Manganese (as manganese.....                | 20 mg 1,000% |
| amino acid chelate)                         |              |
| Chromium (as chromium polynicotinate) ..... | 200 mcg 167% |
| Molybdenum (as molybdenum .....             | 150 mcg 200% |
| amino acid chelate)                         |              |
| Potassium (as potassium chloride).....      | 99 mg 3%     |
| Vanadium (as vanadyl sulfate) .....         | 39 mcg *     |
| Boron (as boron aspartate-citrate).....     | 2 mg *       |

\*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.