

Suggested Usage: Take 2 capsules daily with food.

NOW® Full Spectrum Mineral Caps is a comprehensive combination of the most important dietary minerals used by the body. This formula contains recommended potencies of essential minerals, including calcium for strong bones and teeth and zinc for immune system support.* Plus, Full Spectrum Mineral Caps is an iron-free supplement and has a 1:1 ratio of calcium to magnesium.

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

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

TRAACS™ is a trademark of Albion Laboratories, Inc.

Aquamin® is a registered trademark of Marigot Limited.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

CAPSULE SIZE

CODE 1544D V9



Full Spectrum Mineral Caps

Multi Mineral Formula

- High Calcium for Bone Health*
- Iron-Free Formula



120 Veg Capsules

A Dietary Supplement



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol)	5 mcg (200 IU)	25%
Calcium [from Calcium Carbonate (Aquamin® Seaweed Derived Minerals)]	250 mg	19%
Iodine (from Potassium Iodide)	112.5 mcg	75%
Magnesium (from Magnesium Oxide, Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	250 mg	60%
Zinc (from Zinc Bisglycinate) (TRAACS™)	7.5 mg	68%
Selenium (from L-Selenomethionine)	50 mcg	91%
Copper (from Copper Bisglycinate) (TRAACS™)	1 mg	111%
Manganese (from Mang. Bisglycinate) (TRAACS™)	2.5 mg	109%
Chromium (from Chromium Picolinate)	100 mcg	286%
Molybdenum (from Sodium Molybdate)	50 mcg	111%
Potassium (from Potassium Chloride)	50 mg	1%

Other ingredients: Hypromellose (cellulose capsule), Rice Flour and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Natural color variation may occur in this product.

