

**SUGGESTED USE:** Take 1 capsule daily with food, or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.


**STORAGE:** Keep closed in a cool, dry place out of reach by children.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial colors, or artificial flavors.

**Trace Minerals Complex Meets or Exceeds cGMP Quality Standards.**

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TMC-30-CAPS REV. 092520

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T A R G E T E D   S U P P O R T ®



SeekingHealth®

# Trace Minerals Complex

Iron Free

Dietary Supplement

30 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	%DV
Iodine (as potassium iodide)	250 mcg	167%
Zinc (as Zinc Bisglycinate Chelate <sup>§</sup> )	30 mg	273%
Selenium (as SelenoExcell® High Selenium Yeast)	200 mcg	364%
Copper (as Copper Bisglycinate Chelate <sup>§</sup> )	2 mg	222%
Manganese (as Manganese Bisglycinate Chelate <sup>§</sup> )	4 mg	174%
Chromium (as Chromium Nicotinate Glycinate Chelate <sup>§</sup> )	200 mcg	571%
Molybdenum (as Molybdenum Glycinate Chelate <sup>§</sup> )	200 mcg	444%
Potassium (as potassium chloride)	99 mg	2%
Boron (as Bororganic Glycine <sup>§</sup> )	500 mcg	*
Vanadium (as Vanadium Nicotinate Glycinate Chelate <sup>§</sup> )	150 mcg	*
Horsetail ( <i>Equisetum arvense</i> ) (aerial parts)	100 mcg	*

\*Daily Value (DV) not established.

**Other Ingredients:** Vegetarian capsule (hypromellose and water), ascorbyl palmitate, silica, and microcrystalline cellulose.

Find Other Effective Health Products At [www.seekinghealth.com](http://www.seekinghealth.com)

Manufactured for and Distributed by: Seeking Health, LLC  
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