

100 CAPSULES  
DIETARY SUPPLEMENT

+ Overall Health<sup>††</sup>



# IRON-FREE MEGA MULTI MINERAL<sup>™</sup> DAILY MINERAL COMPLEX

**Solaray**<sup>®</sup>  
EST. 1973

Since 1973, we've scoured the globe for the highest quality ingredients, connecting you with the most efficacious supplements that help you live brighter & embrace the moments that matter most.



**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

**Directions:** Use only as directed. Take 4 capsules daily with a meal or glass of water. Store in a cool, dry place.

## Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 25

	Amount Per Serving	% Daily Value
<b>Calories</b>	5	
Calcium (from Calcium Amino Acid Chelate Complex)	1,000 mg	77%
Phosphorus (from Potassium Phosphate)	22 mg	2%
Iodine (from Potassium Iodide, Kelp)	225 mcg	150%
Magnesium (from Magnesium Amino Acid Chelate Complex)	500 mg	119%
Zinc (from Zinc Amino Acid Chelate Complex)	15 mg	136%
Selenium (as L-Selenomethionine)	50 mcg	91%
Copper (from Copper Amino Acid Chelate Complex)	0.5 mg	56%
Manganese (from Manganese Amino Acid Chelate Complex)	5 mg	217%
Chromium (from Chromium Polynicotinate [ChromeMate <sup>™</sup> ])	50 mcg	143%
Molybdenum	50 mcg	111%
Potassium (as Potassium Phosphate, Potassium Chloride)	59 mg	2%
Boron (as Boric Acid)	1 mg	*
Vanadium (from Vanadium Amino Acid Chelate Complex)	25 mcg	*
Glutamic Acid HCl	50 mg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin Capsule, Rice Protein, Citric Acid (from Non-GMO Tapioca), Cellulose, Magnesium Stearate, Parsley Leaf, Alfalfa Leaf, Horsetail, Watercress, Dandelion Root, Yellow Dock Root, Chamomile and Kelp.

**Discussion:** Mega Multi Mineral<sup>™</sup> is a complex comprised of essential minerals that support overall health. A special base of herbs has been included for additional nutritive support. ChromeMate<sup>®</sup> is a Lonza trademark, registered in the USA.

<sup>††</sup>These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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