



Full Spectrum Minerals

MULTI MINERAL FORMULA

High Calcium for Bone Health*

With Iron

100 Tablets

**A Dietary Supplement
Vegetarian/Vegan**



Supplement Facts

Serving Size 1 Tablet

| | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Vitamin D (as Ergocalciferol) | 100 IU | 25% |
| Calcium (from Calcium Carbonate, Calcium Amino Acid Chelate and Calcium Citrate) | 500 mg | 50% |
| Iron (from Ferrochel® Iron Bisglycinate) | 10 mg | 56% |
| Iodine (from Potassium Iodide) | 75 mcg | 50% |
| Magnesium (from Magnesium Oxide, Magnesium Amino Acid Chelate and Magnesium Citrate) | 250 mg | 63% |
| Zinc (from Zinc Amino Acid Chelate) | 11 mg | 73% |
| Selenium (from L-Selenomethionine) | 25 mcg | 36% |
| Copper (from Copper Amino Acid Chelate) | 0.5 mg | 25% |
| Manganese (from Manganese Amino Acid Chelate) | 2.5 mg | 125% |
| Chromium (from Chromium Chelavite®) | 50 mcg | 42% |
| Molybdenum (from Sodium Molybdate) | 25 mcg | 33% |
| Potassium (from Potassium Chloride) | 50 mg | 1% |
| L-Glutamic Acid (from L-Glutamic Acid HCl) | 20 mg | † |
| Boron (from Boron Citrate) | 1.5 mg | † |
| Vanadium (from Vanadyl Sulfate) | 25 mcg | † |

† Daily Value not established.

Other ingredients: Cellulose, Silica, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Manufactured by NOW FOODS, 395 S. Glen Eilyn Rd.
Bloomington, IL 60108, USA www.nowfoods.com/1540

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Store in a cool, dry place after opening. Please Recycle.



TABLET SIZE

Made in the USA



CODE 1540B

V5

SUGGESTED USAGE: As a dietary supplement, take 1 tablet twice daily, preferably with food.

NOW® Full Spectrum Minerals is a comprehensive combination of the most important dietary minerals used by your body. This formula contains recommended potencies of essential minerals, including Iron, Calcium for strong bones and teeth and Zinc for immune system support.*

*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.

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

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle. Natural color variations may occur in this product.