

PRODUCT INFORMATION

Two tablets typically provide:

		%RDA*		
Calcium	375mg	47	Boron	1mg
Iron	8mg	57	Spirulina (Hawaiian)	20mg
Magnesium	124mg	33	Alfalfa	20mg
Zinc	10mg	100	Hyssop	20mg
Iodine	30µg	20	Parsley	20mg
Copper	1mg	100	Carrot	20mg
Selenium	50µg	91	Watercress	20mg
Manganese	4mg	200	Fennel (F. vulgare)	20mg
Molybdenum	10µg	20	Dandelion root	20mg
Chromium	50µg	125	Coriander	20mg
Silicon	9mg		Broccoli extract 2:1	10mg

*RDA = Recommended Daily Allowance (new 2009 values)

INGREDIENTS: Natural *Lithothamnion calcarea*, magnesium citrate, bulking agent: microcrystalline cellulose (silicon dioxide); flow agent: magnesium stearate*; natural kelp, zinc citrate, ferrous fumarate, spirulina pdr, alfalfa pdr, hyssop pdr, parsley pdr, carrot pdr, watercress pdr, fennel pdr, dandelion root pdr, coriander pdr, silicon dioxide, manganese citrate, zein protein coating, selenomethionine, broccoli extract 2:1, sodium borate, copper citrate, chromium picolinate, sodium molybdate. *(vegetarian source). pdr = powder.

May not be suitable for people with a fish or crustacean allergy.

DOES NOT CONTAIN: sugar, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

This product is not tested on animals.

Suitable for vegetarians and vegans.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

BIO MINERALS

plant based multimineral
complex

90 tablets
VEGETARIAN
FOOD SUPPLEMENT

BIO MINERALS 90 tablets
plant based multimineral complex

BMI090

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DIRECTIONS: Take 2 tablets (children over 8 years, 1 tablet) a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

This product contains iron which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach.

Total content of iron per bottle is 360mg.



BMI-009-07

This bottle has a UV filter.
Keep out of reach of children.
Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK