

PRODUCT INFORMATION

Two tablets typically provide: %RDA*

Calcium	375mg	47	Boron	1mg
Magnesium	124mg	33	Spirulina	20mg
Iron	8mg	57	Alfalfa	20mg
Zinc	10mg	100	Hyssop	20mg
Copper	1mg	100	Parsley	20mg
Manganese	4mg	200	Carrot	20mg
Selenium	50µg	91	Watercress	20mg
Chromium	50µg	125	Fennel (F. vulgare)	20mg
Molybdenum	10µg	20	Dandelion root	20mg
Iodine	30µg	20	Coriander	20mg
Silicon	9mg		Broccoli extract 15:1	10mg

*RDA = Recommended Daily Allowance

INGREDIENTS: Natural *Lithothamnion calcarea*, magnesium citrate, bulking agent: microcrystalline cellulose (silicon dioxide); anti-caking agent: magnesium stearate*; natural kelp, zinc citrate, ferrous fumarate, manganese citrate, silicon dioxide, spirulina pdr, alfalfa pdr, hyssop pdr, parsley pdr, carrot pdr, watercress pdr, fennel seed pdr, dandelion root pdr, coriander pdr, selenomethionine (bulking agent: microcrystalline cellulose); broccoli extract 15:1, zein protein coating, di-sodium tetraborate, copper citrate, chromium picolinate, sodium molybdate (carrier: potato maltodextrin). *(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.

HIGHER NATURE®

BIO MINERALS

plant based multimineral
complex

90 tablets

VEGAN

FOOD SUPPLEMENT

BIO MINERALS

90 tablets

plant based multimineral complex

BMI090

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-009-08

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.



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