

TABLET SIZE



CODE 1540E  
V6

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.

**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.

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.

\*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.

**SUGGESTED USAGE:** 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.\*



# 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, Aquamin® TG 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, Aquamin® TG and Magnesium Citrate)	250 mg	63%
Zinc (from Zinc Bisglycinate) (TRAACS®)	11 mg	73%
Selenium (from L-Selenomethionine)	25 mcg	36%
Copper (from Copper Bisglycinate) (TRAACS®)	0.5 mg	25%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2.5 mg	125%
Chromium (from Chromium Piccolinate)	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	†

† Daily Value not established.

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

NOW FOODS, 395 S. Glen Elym Rd.  
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