

Minerals are inorganic elements that are required by the body and perform various functions within it. They serve as catalysts for many important biological reactions. Calcium and Magnesium support healthy bones. Magnesium supports cellular energy metabolism. Many minerals are required for the production of hormones, blood and enzymes which serve life sustaining functions. Some, like Zinc, support a healthy immune system. The chelated minerals, along with other minerals in this formula, work together to support overall health and well-being.*

*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.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Carefully Manufactured by:
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CHELATED SOLAMINS[®] MULTIMINERAL

BROAD SPECTRUM MINERAL SUPPORT

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



180 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 60

Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	2 g	<1%**
Calcium	500 mg	50%
(as calcium glycinate amino acid chelate†, calcium carbonate)		
Iron	10 mg	56%
(as iron bisglycinate amino acid chelate†)		
Iodine (as potassium iodide)	150 mcg	100%
Magnesium	250 mg	63%
(as magnesium glycinate amino acid chelate†, magnesium oxide)		

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin, Mannitol.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

†Albion International, Inc.

Solgar's KOF-K certification #K-1250

Amount Per Serving		%DV
Zinc	10 mg	67%
(as zinc glycinate amino acid chelate†)		
Selenium	50 mcg	71%
(as L-selenomethionine) (yeast-free)		
Copper	0.25 mg	13%
(as copper glycinate amino acid chelate†)		
Manganese	4 mg	200%
(as manganese glycinate amino acid chelate†)		
Chromium	20 mcg	17%
(as chromium picolinate)		
Potassium	99 mg	3%
(as potassium chloride)		

****Percent Daily Values (DV) are based on a 2,000 calorie diet**

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

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.

