

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. Many minerals are required for the production of hormones, blood and enzymes which serve life-sustaining functions. 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



90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

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

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

**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.

