

Suggested Usage: Take 2 capsules daily with food. NOW® Full Spectrum Mineral Caps is a comprehensive combination of the most important dietary minerals used by the body. This formula contains recommended potencies of essential minerals, including Calcium for strong bones and teeth and Zinc for immune system support.* Plus, Full Spectrum Mineral Caps is an iron-free supplement and has a 1:1 ratio of Calcium to Magnesium.

*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.

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.

Store in a cool, dry place after opening.

Please Recycle.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.; Aquamin® is a registered trademark of Marigot Limited.

CODE 1544B V5



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CAPSULE SIZE



Full Spectrum Mineral Caps

Multi Mineral Formula

- High Calcium for Bone Health*
- Iron-Free Formula



120 Capsules
A Dietary Supplement

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Capsules Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol)	200 IU	50%
Calcium [from Calcium Carbonate (Aquamin® Seaweed Derived Minerals)]	250 mg	25%
Iodine (from Potassium Iodide)	112.5 mcg	75%
Magnesium (from Magnesium Oxide, Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	250 mg	63%
Zinc (from Zinc Bisglycinate) (TRAACS®)	7.5 mg	50%
Selenium (from L-Selenomethionine)	50 mcg	71%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Mang. Bisglycinate) (TRAACS®)	2.5 mg	125%
Chromium (from Chromium Picolinate)	100 mcg	83%
Molybdenum (from Sodium Molybdate)	50 mcg	67%
Potassium (from Potassium Chloride)	50 mg	1%

Other ingredients: Gelatin (capsule), Rice Flour and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

