



Fast-Absorbing Cal/Mag/Zinc

Vitamin D, Premium Calcium, Magnesium,
and Zinc Complex with Ionic Trace Minerals.



liqui[®]mins™

Certified Vegetarian • Gluten Free

16 FL OZ (1 PT) 473 mL • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 tbsp (1 capful=2 tbsp.)
Servings Per Container 16

Amount Per Serving		%DV
Calories	40	
Total Carbohydrate	10g	3%*
Sugars	7g	
Vitamin D3 (as Cholecalciferol)	400IU	100%
Calcium (as Tri-Calcium phosphate, Cal. Citrate, Cal. Gluconate)	1200mg	120%
Iron	0.45mg	3%
Phosphorus (as Tri-Calcium Phosphate)	675mg	68%
Magnesium (as Mag. Citrate, ITM)	600mg	150%
Zinc (as Zinc Gluconate)	15mg	100%
Chloride (from ITM)	60mg	2%
Sodium	5mg	<1%
Ionic Trace Minerals (ITM)	435mg	**
Boron (from ITM)	275mcg	**

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

**Daily Value (DV) not established.

Other Ingredients: Purified water, natural vegetable glycerine, natural flavors blend (pineapple, coconut), natural flavors, citric acid, phosphoric acid, xanthan gum, potassium benzoate, potassium sorbate (for freshness).

Allergen Info: contains no known allergens.
GLUTEN FREE.

Liquid Cal/Mag/Zinc is a complementary blend of premium forms of calcium, magnesium, and zinc that has been supercharged with Ionic Trace Minerals to help support the assimilation and absorption of these minerals in the body.[†] We've also included vitamin D to create a formula that provides complete nutrition to maintain bone, muscle, and connective tissue health.[†]

Suggested Use: **SHAKE WELL.** 1 to 2 tbsp. daily (1 capful=2 tbsp.), to top off or fully supplement your diet. As this is a highly concentrated product, we recommend starting with 1 tbsp. and increase as needed, ideally spread throughout the day. We also recommend taking this product mixed into or with a large glass of liquid for the best isotonic balance. Excess magnesium may cause a laxative effect. Rinse cap after use. **REFRIGERATE AFTER OPENING.**

Also contains over 72 naturally-occurring ionic trace minerals found in seawater.

cGMP



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Liq Cal/Mag/Zinc 16oz



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LOT#/BEST BY DATE



[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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.