



multi minerals
with boron & vitamin D

mineral
100 tablets
dietary supplement

bones^v
teeth^v

dairy
free

nut
free

actual size



Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 33

	Amount Per Serving	% Daily Value
Vitamin D2 (as ergocalciferol)	200 IU	50%
Calcium (as calcium carbonate, calcium citrate, calcium gluconate)	1000 mg	100%
Iron (as ferrous fumarate)	20 mg	111%
Iodine (from kelp and potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and magnesium citrate)	500 mg	125%
Zinc (as zinc oxide)	22.5 mg	150%
Selenium (as l-selenomethionine)	50 mcg	71%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese amino acid chelate and manganese sulfate)	5 mg	250%
Chromium (as chromium amino acid chelate)	100 mcg	83%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	67%
Potassium (as potassium amino acid chelate and potassium chloride)	99 mg	3%
Boron (as boron citrate, aspartate, glycinate complex)	3 mg	*
Vanadium (as vanadium chelate)	50 mcg	*
L-Glutamic Acid Hydrochloride	50 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose,
stearic acid, croscarmellose sodium,
magnesium stearate, pharmaceutical glaze,
hypromellose, glycerin.

Contains: Soy and Wheat.
Does not contain: Yeast,
Dairy, Fish, Artificial Colors
or Flavors.

DIRECTIONS: As a dietary supplement, take three (3) tablets
daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if
you are pregnant, nursing, taking any medication or have any
medical conditions.

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.

▼ **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.**

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
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