



multi minerals with boron & vitamin D

mineral
300 tablets
dietary supplement

bones^v
teeth^v

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 100

	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.

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