

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT  
PLEASE RECYCLE

### Recommendations

1 to 2 capsules twice daily  
with food, or as directed by  
your healthcare professional.

### Warning

If pregnant, consult your  
physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST,  
WHEAT, GLUTEN, MILK/DAIRY, CORN PROTEIN,  
SOY PROTEIN, EGGS, SUGAR, HYDROGENATED  
OIL, ARTIFICIAL COLORING, ARTIFICIAL  
FLAVORING, OR PRESERVATIVES.

MADE IN THE USA

Independently tested for  
authenticity, potency, heavy metals,  
solvent residue, stability and bacteria,  
yeast and mold counts.

  
**VITAL**  
NUTRIENTS

## Multi-Minerals Citrate/Malate Formula (No Copper or Iron)



DIETARY SUPPLEMENT

**120 CAPSULES**

## Supplement Facts

serving size: 4 capsules • servings per container: 30

|                                          | amount<br>per serving | % daily<br>value |
|------------------------------------------|-----------------------|------------------|
| Calcium (as dicalcium malate)            | 300mg                 | 30%              |
| Iodine (as potassium iodide)             | 120mcg                | 80%              |
| Magnesium (as dimagnesium malate)        | 270mg                 | 67.5%            |
| Zinc (as zinc citrate)                   | 21mg                  | 140%             |
| Selenium (as selenomethionine)           | 150mcg                | 214%             |
| Manganese (as manganese citrate)         | 4mg                   | 200%             |
| Chromium<br>(as chromium polynicotinate) | 200mcg                | 166%             |
| Molybdenum<br>(as molybdenum citrate)    | 90mcg                 | 120%             |
| Potassium (as potassium citrate)         | 90mg                  | 2.57%            |
| Boron (as boron citrate)                 | 3mg                   | *                |
| Vanadium (as vanadium citrate)           | 10mcg                 | *                |

\* Daily Value not established

Other Ingredients: Gelatin Capsule, Magnesium Silicate,  
and Leucine.

manufactured by  
**VITAL NUTRIENTS**  
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