

For more information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

KEEP OUT OF
REACH OF CHILDREN.

Store in a cool, dry place.

ACTUAL SIZE

0 48107 03426 9

GNC

Multi Mega Minerals[®]

DIETARY SUPPLEMENT

*comprehensive
mineral formula*

100 CAPLETS



CODE 139111

ALG

Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 50

Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Vitamin D	400 IU	100%	Manganese	10 mg	500%
(as Cholecalciferol D-3)			(as Hydrolyzed Protein Chelate)		
Calcium	1000 mg	100%	Chromium	100 mcg	83%
(as Calcium Carbonate)			(as Hydrolyzed Protein Chelate)		
Iron	18 mg	100%	Chloride	90 mg	3%
(as Hydrolyzed Protein Chelate)			(as Potassium Chloride)		
Iodine (as Kelp)	150 mcg	100%	Potassium	95 mg	3%
Magnesium	500 mg	125%	(as Potassium Chloride)		
(as Magnesium Oxide)					
Zinc	22.5 mg	150%	Betaine Hydrochloride	100 mg	*
(as Hydrolyzed Protein Chelate)					
Copper	3 mg	150%			
(as Hydrolyzed Protein Chelate)					

* Daily Value not established.

Other Ingredients: Cellulose.

Potencies verified by GNC procedure #4000. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, No Preservatives, No Wheat, No Gluten, No Dairy, Yeast Free.

All mineral amounts shown are elemental.

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.

Lot No./Best By: