

USAGE: Take 1 to 6 capsules per day with meals or as directed by your qualified health care consultant. For best results, divide between meals.

NOTE: Coffee and caffeinated drinks may promote the excretion of calcium and other minerals. If you have a medical condition, or are taking medications, consult your health care practitioner before using this product.

Keep out of the reach of children.

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Lot #. Best Used Before:

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
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Jarrow FORMULAS®

MINERAL BALANCE®

Now With
Calcium
Malate

Iron-Free Mineral Complex

**Balanced
Multi Minerals**

**120 Capsules
Dietary Supplement**

Supplement Facts

Serving Size 6 Capsules

Servings Per Container 20

	Amount Per 6 Capsules	% DV
Vitamin D ₃ (cholecalciferol)	1000 IU	250%
Vitamin K		150%
(Vitamin K ₁ as phylloquinone)	100 mcg	
(Vitamin K ₂ as MK-7)	20 mcg	
Calcium (elemental) (as calcium malate)	1000 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	400 mg	100%
Zinc (L-OptiZinc®) (as zinc L-monomethionine)	10 mg	67%
Selenium (as methylselenocysteine)	50 mcg	71%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese citrate)	1 mg	50%
Chromium (from <i>Saccharomyces cerevisiae</i>)	200 mcg	167%
Molybdenum (as sodium molybdate)	75 mcg	100%
Potassium (as potassium chloride)	99 mg	3%

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

Contains: Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.