

Suggested Usage: Take 1–2 capsules first thing in the morning on an empty stomach with 8 fl. oz. of purified water or as directed by a health professional. May be taken with Balanced Planets™ Refresh™ Daily Cleanse. **Keep out of reach of children.**

Vital Elements™ is a super mineral formula that promotes whole body health.* Vital Elements™ minerals are bio-available helping the body to properly absorb and utilize the minerals.*

Contains no artificial preservatives, colors or sweeteners; no dairy, gluten, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.

Distributed by Balanced Planets
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PRODUCT OF CANADA



BALANCED PLANETS™

Vital Elements™

Bioavailable Mineral Formula
for Men and Women



Support for the
Whole Body*

60 Vegetarian
Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings per Container 30

	Amount Per Serving	% Daily Value
Calcium (as calcium citrate and calcium orotate)	100 mg	10%
Iodine (from kelp)	134 mcg	89%
Magnesium (as magnesium citrate and magnesium orotate)	50 mg	13%
Zinc (as zinc citrate)	13 mg	87%
Selenium (as selenomethionine)	100 mcg	143%
Copper (as copper gluconate)	0.6 mg	30%
Chromium (as chromium polynicotinate)	134 mcg	112%
Potassium (as potassium aspartate)	66 mg	2%
Kelp (<i>Ascophyllum nodosum</i>) powdered extract (whole plant)	40 mg	**
Silicon (as silicon chelate)	6 mg	**
Lithium (as lithium orotate)	2 mg	**
Boron (as boron citrate)	466 mcg	**
Vanadium (as vanadium citrate)	33 mcg	**

** Daily Value not established.

Other ingredients: Vegetarian capsule (modified cellulose, purified water), cellulose, magnesium stearate (vegetable grade).
Contains soy.

LOT & EXPIRY 1.3125" x .25" Single Line