

## Multi Minerals

**Recommended Dosage:** Take 2 tablets daily with a meal.

Cautions: If you are pregnant or lactating, consult a health care practitioner prior to taking this product.

**Count:** 90 tabs/bottle

**Price:** \$20 / bottle

<b>Supplement Facts</b>		
Serving Size: 2 Tablets		
Servings Per Container: 45		
<b>Amount Per Serving</b>		<b>% Daily Value</b>
Vitamin D (as cholecalciferol)	200 IU	50%
Calcium (as calcium carbonate, calcium citrate, calcium amino acid chelate)	1000mg	100%
Iron (as amino acid chelate)	20mg	111%
Iodine (from potassium iodide)	150mcg	100%
Magnesium (as magnesium oxide, magnesium citrate, magnesium amino acid chelate)	500mg	125%
Zinc (as zinc oxide, zinc amino acid chelate)	22.5mg	150%
Selenium (as selenomethionine)	50mcg	71%
Copper (as copper amino acid chelate)	1mg	50%
Manganese (as manganese amino acid chelate)	5mg	250%
Chromium (as chromium amino acid chelate)	100mcg	143%
Molybdenum (as molybdenum amino acid chelate)	50mcg	67%
Potassium (as potassium citrate)	99mg	3%
L-Glutamic Acid	50mg	*
Boron (as boron citrate)	3mg	*
Vanadium (as Vanadium amino acid chelate)	50mcg	*
* Daily Value not established		
<b>Other ingredients:</b> Modified cellulose, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, vegetable coating.		
Contains soy ingredients.		