

**DIRECTIONS:** TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

# Supplement Facts

Serving Size 2 Tablets

	AMOUNT PER SERVING	%DV*
CALCIUM (AS CALCIUM CITRATE AND CARBONATE)	135 mg	15%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE)	150 mg	40%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND PICOLINATE**)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
BORON (AS BORON CITRATE)	1.5 mg	†
SILICON (AS SILICON AMINO ACID COMPLEX)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

\* PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.  
† DAILY VALUE NOT ESTABLISHED.  
\*\* LICENSED UNDER U.S. PATENT 4,315,927.

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**OTHER INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, PREGELATINIZED STARCH , SILICON DIOXIDE, DEXTRIN, VANILLA EXTRACT, SODIUM CITRATE , DEXTROSE, SOY LECITHIN.

**LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.**

**KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.**