

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications or have any medical or thyroid condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER ITEM # 5580

www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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www.puritan.com

Puritan's Pride

Super Chelated Multi-Mineral

Balanced Mineral Support

100 coated
caplets

vegetarian
dietary supplement

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	250 mg	19%
Iron (as Ferrous Gluconate)	5 mg	28%
Phosphorus (as Dicalcium Phosphate)	100 mg	8%
Iodine (from Kelp)	75 mcg	50%
Magnesium (as Magnesium Oxide)	125 mg	30%
Zinc (as Zinc Gluconate)	5 mg	45%
Selenium (as Selenium Yeast)	13 mcg	24%
Copper (as Copper Gluconate)	0.12 mg	13%
Manganese (as Manganese Gluconate)	5 mg	217%
Chromium (as Chromium Picolinate)	10 mcg	29%
Potassium (as Potassium Citrate)	33 mg	<1%
Boron (as Boron Citrate and Boron Aspartate)	1 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives,
No Sugar, No Milk, No Lactose, No Soy, No Gluten,
No Wheat, No Fish. Sodium Free.