

Nutrition Information

Serving size: 2 tablets

Servings per container: 30

Amount per serving		NRV%*		NRV%*	
Iodine	150 mcg	100%	Copper	1000 mcg	100%
Calcium	800 mg	100%	Manganese	2.0 mg	100%
Magnesium	300 mg	80%	Selenium	36 mcg	65%
Iron	14 mg	100%	Phosphorus	250 mg	36%
Zinc	15 mg	150%	Molybdenum	36 mcg	72%

*NRV%: Nutrient Reference Values.

Ingredients: Dicalcium Phosphate, Calcium Carbonate, Bulking Agents (Microcrystalline Cellulose, Colloidal Silicon Dioxide), Magnesium Oxide, Sodium Caseinate (*Milk*), Zinc Gluconate, Anti-Caking Agents (Talc, Magnesium Stearate), Ferrous (II) Fumarate, Sodium Selenite, Sodium Molybdate, Copper Gluconate, Manganese Sulphate Monohydrate, Potassium Iodide.

Directions: Take 2 tablets a day preferably with a meal.