

# MINERAL 650A

## MINERAL AND TRACE ELEMENT FORMULA



### Description

Mineral 650A is a highly bioavailable combination of essential minerals and trace elements essential to support optimal nutritional intake. Minerals and trace elements are essential for numerous metabolic functions. For example, calcium is important for the maintenance of normal bones. Iron contributes to normal formation of red blood cells and haemoglobin. Zinc contributes to the normal functioning of the immune system. And magnesium contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue.

### Product Features

- ✓ Broad-spectrum mineral and trace element formula
- ✓ Highly bioavailable chelated minerals
- ✓ Calcium contributes to the maintenance of normal muscle function, bones and teeth
- ✓ Magnesium contributes to electrolyte balance
- ✓ Iron and magnesium contribute to the reduction of tiredness and fatigue
- ✓ Iodine contributes to normal thyroid function
- ✓ Zinc contributes to the maintenance of normal hair, skin and nails
- ✓ Selenium contributes to protecting cells from oxidative stress

### Free From

All Pure Encapsulations® products are free-from: Wheat and gluten, Egg, Peanuts, Trans fats and hydrogenated oils, GMOs, Magnesium stearate, Titanium dioxide, Carrageenan, Coatings and shellacs, Artificial colors, flavors and sweeteners, Unnecessary binders, fillers and preservatives.



Vegetarian



Vegan



Gluten Free



Soy Free



Dairy Free

### Nutritional Information

Serving size 6 capsules

	Amount per Serving	% NRV*
Magnesium (as magnesium citrate)	250 mg	67%
Calcium (as calcium citrate)	300 mg	38%
Potassium (as potassium citrate)	102 mg	5%
Zinc (as zinc picolinate)	25 mg	250%
Iron (as iron citrate)	10 mg	71%
Selenium (as selenomethionine)	200 ug	364%
Copper (as copper citrate)	2 mg	200%
Manganese (as manganese citrate)	3.8 mg	190%
Iodine (as potassium iodide)	100 ug	67%
Chromium (as chromium picolinate)	200 mg	500%

\*Nutrient Reference Value

### Directions For Use

As a food supplement, take 3 capsules twice daily, with meals, or as directed by a healthcare professional.

### Ingredients

Magnesium citrate, calcium citrate, potassium citrate, zinc picolinate, ascorbyl palmitate, iron citrate, selenomethionine, copper citrate, manganese citrate, potassium iodide, chromium picolinate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Servings per container
MF61UK	180	6 capsules	30

### Precautions

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Use only if safety seal is intact. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated daily dosage. Keep out of the reach of young children.