

Trace Mineral Breakdown

Mineral	Per Capsule (mg)	Per 2 Capsules (mg)	NRV (mg)	2 Cap (% NRV)
Aluminum	0.0378003	0.0756005	*	*
Antimony	0.0002333	0.0004667	*	*
Arsenic	0.0003565	0.0007131	*	*
Barium	0.0022493	0.0044987	*	*
Beryllium	<0.0002333	<0.0004667	*	*
Bismuth	<0.0002333	<0.0004667	*	*
Boron	0.0155868	0.0311736	*	*
Cadmium	0.0002623	0.0005245	*	*
Calcium	140.0010000	280.0020000	800	35%
Carbon	5.8800420	11.7600840	*	*
Cerium	0.0002721	0.0005441	*	*
Cesium	0.0000009	0.0000019	*	*
Chloride	0.0007177	0.0014355	*	*
Chromium	0.0004947	0.0009893	0.04	2%
Cobalt	<0.0002333	<0.0004667	*	*
Copper	<0.0002333	<0.0004667	1	0.0%
Dysprosium	0.0000443	0.0000887	*	*
Erbium	0.0000313	0.0000625	*	*
Europium	0.0000117	0.0000233	*	*
Fluoride	0.0030800	0.0061600	*	*
Gadolinium	0.0000429	0.0000859	*	*
Gallium	0.0000961	0.0001923	*	*
Germanium	<0.0000005	<0.0000009	*	*
Gold	<0.0002333	<0.0004667	*	*
Hafnium	0.0000271	0.0000541	*	*
Holmium	0.0000103	0.0000205	*	*
Indium	<0.0000005	<0.0000009	*	*
Iodine	0.0021700	0.0043400	0.15	3%
Iridium	<0.0000005	<0.0000009	*	*
Iron	0.3551359	0.7102717	14	5%
Lanthanum	0.0004293	0.0008587	*	*
Lead	0.0001265	0.0002529	*	*
Lithium	0.0028887	0.0057774	*	*
Lutetium	0.0000056	0.0000112	*	*
Magnesium	12.3200880	24.6401760	376	7%
Manganese	0.0226802	0.0453603	2	2%
Mercury	<0.0000005	<0.0000009	*	*

NRV = Nutrient Reference Values. *Indicates no NRV

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Molybdenum	<0.0002333	<0.0004667	*	*
Neodymium	0.0001512	0.0003024	*	*
Nickel	0.0004667	0.0009333	*	*
Niobium	<0.0002333	<0.0004667	*	*
Osmium	0.0000005	0.0000009	*	*
Palladium	0.0002567	0.0005133	*	*
Phosphorus	0.2333350	0.4666700	*	*
Platinum	<0.0000005	<0.0000009	*	*
Potassium	0.1166675	0.2333350	*	*
Praseodymium	0.0000350	0.0000700	*	*
Rhenium	0.0000014	0.0000028	*	*
Rhodium	0.0000695	0.0001391	*	*
Rubidium	0.0000145	0.0000289	*	*
Ruthenium	0.0003449	0.0006897	*	*
Samarium	0.0003360	0.0006720	*	*
Scandium	0.0002851	0.0005703	*	*
Selenium	<0.0002333	<0.0004667	0.055	1%
Silicon	0.0353736	0.0707472	*	*
Silver	0.0006907	0.0013813	*	*
Sodium	1.9637474	3.9274947	*	*
Strontium	0.9590069	1.9180137	*	*
Sulfur	1.3062093	2.6124187	*	*
Tantalum	0.0000145	0.0000289	*	*
Tellurium	<0.0002333	<0.0004667	*	*
Terbium	0.0000070	0.0000140	*	*
Thallium	<0.0002333	<0.0004667	*	*
Thorium	0.0011387	0.0022773	*	*
Thulium	0.0000042	0.0000084	*	*
Tin	0.0001297	0.0002595	*	*
Titanium	0.0158668	0.0317336	*	*
Tungsten	<0.0002333	<0.0004667	*	*
Vanadium	0.0021607	0.0043214	*	*
Ytterbium	0.0000280	0.0000560	*	*
Yttrium	<0.0002333	<0.0004667	*	*
Zinc	0.0035467	0.0070934	10	0.1%
Zirconium	<0.0002333	<0.0004667	*	*

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