

# Trace Mineral Breakdown

Mineral	Per Capsule (mg)	NRV (mg)	1 Cap (% NRV)
Aluminum	0.0396363	*	*
Antimony	0.0008061	*	*
Arsenic	0.0002331	*	*
Barium	0.0009103	*	*
Beryllium	<0.0000606	*	*
Bismuth	<0.0000606	*	*
Boron	0.0241212	*	*
Cadmium	0.0000258	*	*
Calcium	1.2787866	800	0.2%
Carbon	0.0000000	*	*
Cerium	0.0007815	*	*
Cesium	0.0000019	*	*
Chloride	0.0000000	*	*
Chromium	0.0003479	0.04	0.9%
Cobalt	<0.0000606	*	*
Copper	0.0009539	1	0.1%
Dysprosium	0.0002255	*	*
Erbium	0.0001691	*	*
Europium	0.0000455	*	*
Fluoride	0.0000000	*	*
Gadolinium	0.0001932	*	*
Gallium	0.0001247	*	*
Germanium	<0.0000001	*	*
Gold	0.0001988	*	*
Hafnium	0.0000270	*	*
Holmium	0.0000550	*	*
Indium	0.0000010	*	*
Iodine	0.0000000	0.15	0.0%
Iridium	0.0000001	*	*
Iron	0.1349090	14	1%
Lanthanum	0.0004448	*	*
Lead	0.0000307	*	*
Lithium	0.0001179	*	*
Lutetium	0.0000302	*	*
Magnesium	39.9999600	376	11%
Manganese	0.0671514	2	3%
Mercury	<0.0000001	*	*
Molybdenum	0.0001023	*	*

NRV = Nutrient Reference Values. \*Indicates no NRV

Menopause Multi

Mineral	Per Capsule (mg)	NRV (mg)	1 Cap (% NRV)
Neodymium	0.0007015	*	*
Nickel	0.0005879	*	*
Niobium	0.0014909	*	*
Osmium	0.0000001	*	*
Palladium	<0.0000001	*	*
Phosphorus	0.0097576	*	*
Platinum	0.0000001	*	*
Potassium	0.1321211	*	*
Praseodymium	0.0001669	*	*
Rhenium	0.0000001	*	*
Rhodium	0.0000005	*	*
Rubidium	0.0001676	*	*
Ruthenium	0.0000040	*	*
Samarium	0.0001434	*	*
Scandium	0.0002805	*	*
Selenium	0.0002945	0.055	0.5%
Silicon	0.1189090	*	*
Silver	0.0002145	*	*
Sodium	0.1002423	*	*
Strontium	0.0018424	*	*
Sulfur	0.2946664	*	*
Tantalum	0.0000019	*	*
Tellurium	0.0007394	*	*
Terbium	0.0000343	*	*
Thallium	<0.0000606	*	*
Thorium	0.0013091	*	*
Thulium	0.0000230	*	*
Tin	0.0000029	*	*
Titanium	0.0011321	*	*
Tungsten	0.0002558	*	*
Vanadium	0.0019758	*	*
Ytterbium	0.0001389	*	*
Yttrium	0.0016727	*	*
Zinc	0.0009818	10	0.01%
Zirconium	0.0013333	*	*

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