

Trace Mineral Breakdown

Mineral	Per Capsule (mg)	NRV (mg)	1 Cap (% NRV)
Aluminum	0.0332760	*	*
Antimony	<0.0000705	*	*
Arsenic	0.0002111	*	*
Barium	0.0008632	*	*
Beryllium	<0.0000705	*	*
Bismuth	0.0015369	*	*
Boron	0.0227010	*	*
Cadmium	0.0000482	*	*
Calcium	2.4449400	800	0.3%
Carbon	0.6627000	*	*
Cerium	0.0003731	*	*
Cesium	0.0000007	*	*
Chloride	0.3585630	*	*
Chromium	<0.0000705	0.04	0.2%
Cobalt	<0.0000705	*	*
Copper	0.0036237	1	0.4%
Dysprosium	0.0000918	*	*
Erbium	0.0000667	*	*
Europium	0.0000214	*	*
Fluoride	0.0003793	*	*
Gadolinium	0.0000862	*	*
Gallium	0.0000360	*	*
Germanium	<0.0000001	*	*
Gold	<0.0000705	*	*
Hafnium	0.0000028	*	*
Holmium	0.0000216	*	*
Indium	0.0000003	*	*
Iodine	0.0006627	0.15	0.4%
Iridium	<0.0000001	*	*
Iron	0.1333860	14	1%
Lanthanum	0.0005273	*	*
Lead	0.0002013	*	*
Lithium	<0.0000705	*	*
Lutetium	0.0000131	*	*
Magnesium	54.9900000	376	15%
Manganese	0.0764220	2	4%
Mercury	0.0000049	*	*
Molybdenum	<0.0000705	*	*

NRV = Nutrient Reference Values. *Indicates no NRV

Mineral	Per Capsule (mg)	NRV (mg)	2 Cap (% NRV)
Neodymium	0.0003122	*	*
Nickel	<0.0000705	*	*
Niobium	<0.0000705	*	*
Osmium	0.0000001	*	*
Palladium	0.0000444	*	*
Phosphorus	0.0166380	*	*
Platinum	0.0000007	*	*
Potassium	0.0157920	*	*
Praseodymium	0.0000766	*	*
Rhenium	0.0000001	*	*
Rhodium	0.0000010	*	*
Rubidium	0.0000056	*	*
Ruthenium	0.0000176	*	*
Samarium	0.0000650	*	*
Scandium	0.0001259	*	*
Selenium	<0.0000705	0.055	0.1%
Silicon	0.0913680	*	*
Silver	<0.0000705	*	*
Sodium	0.2463270	*	*
Strontium	0.0076704	*	*
Sulfur	0.3619470	*	*
Tantalum	0.0000020	*	*
Tellurium	<0.0000705	*	*
Terbium	0.0000148	*	*
Thallium	0.0002891	*	*
Thorium	0.0001438	*	*
Thulium	0.0000089	*	*
Tin	0.0001361	*	*
Titanium	0.0021996	*	*
Tungsten	0.0008108	*	*
Vanadium	0.0021714	*	*
Ytterbium	0.0000550	*	*
Yttrium	0.0019176	*	*
Zinc	0.0006965	10	0.01%
Zirconium	0.0008305	*	*

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