

Trace Mineral Breakdown

Mineral	Per Capsule (mg)	Per 2 Capsules (mg)	NRV (mg)	2 Caps (% NRV)
Aluminum	0.0085050	0.0170100	*	*
Antimony	0.0000525	0.0001050	*	*
Arsenic	0.0000802	0.0001604	*	*
Barium	0.0005061	0.0010122	*	*
Beryllium	<0.0000525	<0.000105	*	*
Bismuth	<0.0000525	<0.000105	*	*
Boron	0.0035070	0.0070140	*	*
Cadmium	<0.0000525	<0.000105	*	*
Calcium	32.5500000	65.1000000	800	8.14%
Carbon	1.3230000	2.6460000	*	*
Cerium	0.0000612	0.0001224	*	*
Cesium	0.0000002	0.0000004	*	*
Chloride	0.0001615	0.0003230	*	*
Chromium	0.0001113	0.0002226	0.04	0.56%
Cobalt	<0.0000525	<0.000105	*	*
Copper	<0.0000525	<0.000105	1	0.01%
Dysprosium	0.0000100	0.0000200	*	*
Erbium	0.0000070	0.0000141	*	*
Europium	0.0000026	0.0000053	*	*
Fluoride	0.0006930	0.0013860	*	*
Gadolinium	0.0000097	0.0000193	*	*
Gallium	0.0000216	0.0000433	*	*
Germanium	<0.0000001	<0.0000002	*	*
Gold	<0.0000525	<0.000105	*	*
Hafnium	0.0000061	0.0000122	*	*
Holmium	0.0000023	0.0000046	*	*
Indium	<0.0000001	<0.0000002	*	*
Iodine	0.0004883	0.0009765	0	0.65%
Iridium	<0.0000001	<0.0000002	*	*
Iron	0.0799050	0.1598100	14	1.14%
Lanthanum	0.0000966	0.0001932	*	*
Lead	0.0000285	0.0000569	*	*
Lithium	0.0006500	0.0012999	*	*
Lutetium	0.0000013	0.0000025	*	*
Magnesium	2.7720000	5.5440000	376	1.47%
Manganese	0.0051030	0.0102060	2	0.51%
Mercury	<0.0000001	<0.0000002	*	*
Molybdenum	<0.0000525	<0.000105	*	*

NRV = Nutrient Reference Values. *Indicates no NRV

Mineral	Per Capsule (mg)	Per 2 Capsules (mg)	NRV (mg)	2 Caps (% NRV)
Neodymium	0.0000340	0.0000680	*	*
Nickel	0.0001050	0.0002100	*	*
Niobium	<0.0000525	<0.000105	*	*
Osmium	0.0000001	0.0000002	*	*
Palladium	0.0000578	0.0001155	*	*
Phosphorus	0.0525000	0.1050000	*	*
Platinum	<0.0000001	<0.0000002	*	*
Potassium	0.0262500	0.0525000	*	*
Praseodymium	0.0000079	0.0000158	*	*
Rhenium	0.0000003	0.0000006	*	*
Rhodium	0.0000156	0.0000313	*	*
Rubidium	0.0000033	0.0000065	*	*
Ruthenium	0.0000776	0.0001552	*	*
Samarium	0.0000756	0.0001512	*	*
Scandium	0.0000642	0.0001283	*	*
Selenium	<0.0000525	<0.000105	0.055	0.19%
Silicon	0.0079590	0.0159180	*	*
Silver	0.0001554	0.0003108	*	*
Sodium	0.4418400	0.8836800	*	*
Strontium	0.2157750	0.4315500	*	*
Sulfur	0.2938950	0.5877900	*	*
Tantalum	0.0000033	0.0000065	*	*
Tellurium	<0.0000525	<0.000105	*	*
Terbium	0.0000016	0.0000032	*	*
Thallium	<0.0000525	<0.000105	*	*
Thorium	0.0002562	0.0005124	*	*
Thulium	0.0000009	0.0000019	*	*
Tin	0.0000292	0.0000584	*	*
Titanium	0.0035700	0.0071400	*	*
Tungsten	<0.0000525	<0.000105	*	*
Vanadium	0.0004862	0.0009723	*	*
Ytterbium	0.0000063	0.0000126	*	*
Yttrium	<0.0000525	<0.000105	*	*
Zinc	0.0007980	0.0015960	10	0.02%
Zirconium	<0.0000525	<0.000105	*	*

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