

Typical Magnesium Trace Mineral Analysis - Pregnancy

Mineral	Per Capsule (mg)	Per 2 Capsules (mg)	NRV (mg)	2 Caps (% NRV)
Aluminum	0.0092040	0.0184080	*	*
Antimony	<0.0000195	<0.000039	*	*
Arsenic	0.0000584	0.0001168	*	*
Barium	0.0002388	0.0004775	*	*
Beryllium	<0.0000195	<0.000039	*	*
Bismuth	0.0004251	0.0008502	*	*
Boron	0.0062790	0.0125580	*	*
Cadmium	0.0000133	0.0000267	*	*
Calcium	0.6762600	1.3525200	800	0.2%
Carbon	0.1833000	0.3666000	*	*
Cerium	0.0001032	0.0002064	*	*
Cesium	0.0000002	0.0000004	*	*
Chloride	0.0991770	0.1983540	*	*
Chromium	<0.0000195	<0.000039	0.04	0.1%
Cobalt	<0.0000195	<0.000039	*	*
Copper	0.0010023	0.0020046	1	0.2%
Dysprosium	0.0000254	0.0000508	*	*
Erbium	0.0000184	0.0000369	*	*
Europium	0.0000059	0.0000119	*	*
Fluoride	0.0001049	0.0002098	*	*
Gadolinium	0.0000238	0.0000477	*	*
Gallium	0.0000099	0.0000199	*	*
Germanium	<0	<0.0000001	*	*
Gold	<0.0000195	<0.000039	*	*
Hafnium	0.0000008	0.0000016	*	*
Holmium	0.0000060	0.0000119	*	*
Indium	0.0000001	0.0000002	*	*
Iodine	0.0001833	0.0003666	0.15	0.2%
Iridium	<0	<0.0000001	*	*
Iron	0.0368940	0.0737880	14	0.5%
Lanthanum	0.0001459	0.0002917	*	*
Lead	0.0000557	0.0001114	*	*
Lithium	<0.0000195	<0.000039	*	*
Lutetium	0.0000036	0.0000073	*	*
Magnesium	15.2100000	30.4200000	376	8%
Manganese	0.0211380	0.0422760	2	2%
Mercury	0.0000014	0.0000027	*	*
Molybdenum	<0.0000195	<0.000039	*	*

NRV = Nutrient Reference Values. *Indicates no NRV”

Mineral	Per Capsule (mg)	Per 2 Capsules (mg)	NRV (mg)	2 Caps (% NRV)
Neodymium	0.0000863	0.0001727	*	*
Nickel	<0.0000195	<0.000039	*	*
Niobium	<0.0000195	<0.000039	*	*
Osmium	0.0000000	0.0000001	*	*
Palladium	0.0000123	0.0000246	*	*
Phosphorus	0.0046020	0.0092040	*	*
Platinum	0.0000002	0.0000004	*	*
Potassium	0.0043680	0.0087360	*	*
Praseodymium	0.0000212	0.0000424	*	*
Rhenium	0.0000000	0.0000001	*	*
Rhodium	0.0000003	0.0000005	*	*
Rubidium	0.0000016	0.0000031	*	*
Ruthenium	0.0000049	0.0000098	*	*
Samarium	0.0000180	0.0000360	*	*
Scandium	0.0000348	0.0000697	*	*
Selenium	<0.0000195	<0.000039	0.055	0.1%
Silicon	0.0252720	0.0505440	*	*
Silver	<0.0000195	<0.000039	*	*
Sodium	0.0681330	0.1362660	*	*
Strontium	0.0021216	0.0042432	*	*
Sulfur	0.1001130	0.2002260	*	*
Tantalum	0.0000005	0.0000011	*	*
Tellurium	<0.0000195	<0.000039	*	*
Terbium	0.0000041	0.0000082	*	*
Thallium	0.0000800	0.0001599	*	*
Thorium	0.0000398	0.0000796	*	*
Thulium	0.0000025	0.0000049	*	*
Tin	0.0000376	0.0000753	*	*
Titanium	0.0006084	0.0012168	*	*
Tungsten	0.0002243	0.0004485	*	*
Vanadium	0.0006006	0.0012012	*	*
Ytterbium	0.0000152	0.0000304	*	*
Yttrium	0.0005304	0.0010608	*	*
Zinc	0.0001927	0.0003853	10	0.004%
Zirconium	0.0002297	0.0004594	*	*

NRV = Nutrient Reference Values. *Indicates no NRV