

Trace Mineral Breakdown

Mineral	Per Capsule (mg)	NRV (mg)	1 Cap (% NRV)
Aluminum	0.0545011	*	*
Antimony	0.0011084	*	*
Arsenic	0.0003205	*	*
Barium	0.0012517	*	*
Beryllium	<0.0000833	*	*
Bismuth	<0.0000833	*	*
Boron	0.0331673	*	*
Cadmium	0.0000355	*	*
Calcium	1.7583685	800	0.2%
Carbon	0.0000000	*	*
Cerium	0.0010745	*	*
Cesium	0.0000027	*	*
Chloride	0.0000000	*	*
Chromium	0.0004783	0.04	1.2%
Cobalt	<0.0000833	*	*
Copper	0.0013117	1	0.1%
Dysprosium	0.0003100	*	*
Erbium	0.0002325	*	*
Europium	0.0000625	*	*
Fluoride	0.0000000	*	*
Gadolinium	0.0002657	*	*
Gallium	0.0001715	*	*
Germanium	<0.0000002	*	*
Gold	0.0002733	*	*
Hafnium	0.0000372	*	*
Holmium	0.0000757	*	*
Indium	0.0000013	*	*
Iodine	0.0000000	0.15	0.0%
Iridium	0.0000002	*	*
Iron	0.1855037	14	1%
Lanthanum	0.0006117	*	*
Lead	0.0000422	*	*
Lithium	0.0001622	*	*
Lutetium	0.0000415	*	*
Magnesium	55.0011000	376	15%
Manganese	0.0923352	2	5%
Mercury	<0.0000002	*	*
Molybdenum	0.0001407	*	*

NRV = Nutrient Reference Values. *Indicates no NRV

Stress Aid

Mineral	Per Capsule (mg)	NRV (mg)	1 Cap (% NRV)
Neodymium	0.0009645	*	*
Nickel	0.0008083	*	*
Niobium	0.0020500	*	*
Osmium	0.0000002	*	*
Palladium	<0.0000002	*	*
Phosphorus	0.0134169	*	*
Platinum	0.0000002	*	*
Potassium	0.1816703	*	*
Praseodymium	0.0002295	*	*
Rhenium	0.0000002	*	*
Rhodium	0.0000007	*	*
Rubidium	0.0002305	*	*
Ruthenium	0.0000055	*	*
Samarium	0.0001972	*	*
Scandium	0.0003857	*	*
Selenium	0.0004050	0.055	0.7%
Silicon	0.1635033	*	*
Silver	0.0002950	*	*
Sodium	0.1378361	*	*
Strontium	0.0025334	*	*
Sulfur	0.4051748	*	*
Tantalum	0.0000027	*	*
Tellurium	0.0010167	*	*
Terbium	0.0000472	*	*
Thallium	<0.0000833	*	*
Thorium	0.0018000	*	*
Thulium	0.0000317	*	*
Tin	0.0000040	*	*
Titanium	0.0015567	*	*
Tungsten	0.0003517	*	*
Vanadium	0.0027167	*	*
Ytterbium	0.0001910	*	*
Yttrium	0.0023000	*	*
Zinc	0.0013500	10	0.01%
Zirconium	0.0018334	*	*

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