

Trace Mineral Breakdown

Mineral	%	Per Capsule (mg)	Per 2 Capsules (mg)	NRV (mg)	2 Caps (% NRV)
Aluminum	0.0081		0.10044	*	*
Antimony	0.00005	0.00031	0.00062	*	*
Arsenic	0.0000764	0.00047368	0.00094736	*	*
Barium	0.000482	0.0029884	0.0059768	*	*
Beryllium	<0.00005	<0.00031	<0.00062	*	*
Bismuth	<0.00005	<0.00031	<0.00062	*	*
Boron	0.00334	0.020708	0.041416	*	*
Cadmium	<0.00005	<0.00031	<0.00062	*	*
Calcium	31	192.2	384.4	800	48%
Carbon	1	7.812	15.624	*	*
Cerium	0.0000583	0.00036146	0.00072292	*	*
Cesium	0.0000002	0.00000124	0.00000248	*	*
Chloride	0.0001538	0.00095356	0.00190712	*	*
Chromium	0.000106	0.0006572	0.0013144	0.04	3%
Cobalt	<0.00005	<0.00031	<0.00062	*	*
Copper	<0.00005	<0.00031	<0.00062	1	<0.06%
Dysprosium	0.0000095	0.0000589	0.0001178	*	*
Erbium	0.0000067	0.00004154	0.00008308	*	*
Europium	0.0000025	0.0000155	0.000031	*	*
Fluoride	0.00066	0.004092	0.008184	*	*
Gadolinium	0.0000092	0.00005704	0.00011408	*	*
Gallium	0.0000206	0.00012772	0.00025544	*	*
Germanium	<0.0000001	<0.00000062	<0.00000124	*	*
Gold	<0.00005	<0.00031	<0.00062	*	*
Hafnium	0.0000058	0.00003596	0.00007192	*	*
Holmium	0.0000022	0.00001364	0.00002728	*	*
Indium	<0.0000001	<0.00000062	<0.00000124	*	*
Iodine	0.000465	0.002883	0.005766	0.15	4%
Iridium	<0.0000001	<0.00000062	<0.00000124	*	*
Iron	0.0761	0.47182	0.94364	14	7%
Lanthanum	0.000092	0.0005704	0.0011408	*	*
Lead	0.0000271	0.00016802	0.00033604	*	*
Lithium	0.000619	0.0038378	0.0076756	*	*
Lutetium	0.0000012		0.00001488	*	*
Magnesium	3	16.368	32.736	376	9%
Manganese	0.00486	0.030132	0.060264	2	3%
Mercury	<0.0000001	<0.00000062	<0.00000124	*	*
Molybdenum	<0.00005	<0.00031	<0.00062	*	*

NRV = Nutrient Reference Values. *Indicates no NRV

Mineral	%	Per Capsule (mg)	Per 2 Capsules (mg)	NRV (mg)	2 Caps (% NRV)
Neodymium	0.0000324	0.00020088	0.00040176	*	*
Nickel	0.0001	0.00062	0.00124	*	*
Niobium	<0.00005	<0.00031	<0.00062	*	*
Osmium	0.0000001	0.00000062	0.00000124	*	*
Palladium	0.000055	0.000341	0.000682	*	*
Phosphorus	0.05	0.31	0.62	*	*
Platinum	<0.0000001	<0.00000062	<0.00000124	*	*
Potassium	0.025	0.155	0.31	*	*
Praseodymium	0.0000075	0.0000465	0.000093	*	*
Rhenium	0.0000003	0.00000186	0.00000372	*	*
Rhodium	0.0000149	0.00009238	0.00018476	*	*
Rubidium	0.0000031	0.00001922	0.00003844	*	*
Ruthenium	0.0000739	0.00045818	0.00091636	*	*
Samarium	0.000072	0.0004464	0.0008928	*	*
Scandium	0.0000611	0.00037882	0.00075764	*	*
Selenium	<0.00005	<0.00031	<0.00062	0.055	<1%
Silicon	0.00758	0.046996	0.093992	*	*
Silver	0.000148	0.0009176	0.0018352	*	*
Sodium	0	2.60896	5.21792	*	*
Strontium	0	1.2741	2.5482	*	*
Sulfur	0	1.73538	3.47076	*	*
Tantalum	0.0000031	0.00001922	0.00003844	*	*
Tellurium	<0.00005	<0.00031	<0.00062	*	*
Terbium	0.0000015	0.0000093	0.0000186	*	*
Thallium	<0.00005	<0.00031	<0.00062	*	*
Thorium	0.000244	0.0015128	0.0030256	*	*
Thulium	0.0000009	0.00000558	0.00001116	*	*
Tin	0.0000278	0.00017236	0.00034472	*	*
Titanium	0.0034	0.02108	0.04216	*	*
Tungsten	<0.00005	<0.00031	<0.00062	*	*
Vanadium	0.000463	0.0028706	0.0057412	*	*
Ytterbium	0.000006	0.0000372	0.0000744	*	*
Yttrium	<0.00005	<0.00031	<0.00062	*	*
Zinc	0.00076	0.004712	0.009424	10	0.1%
Zirconium	<0.00005	<0.00031	<0.00062	*	*

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