

# Core Minerals™

## Balanced Mineral Complex – Iron free



Product No. RN147



### Features & Benefits\*

Core Minerals™ provides twelve minerals plus vitamin D3 in a balanced multi-mineral complex, with each mineral in an easily assimilated form. This iron-free formulation includes vitamin D3 to aid in the absorption of calcium.

### Suggested Use

As a dietary supplement, take 4 capsules daily with food, divided by AM and PM, or as directed by your healthcare professional.

### Cautions

If pregnant or nursing, consult your healthcare practitioner before taking this product.

### Supplement Facts

| Serving Size: 4 Capsules            |                 | Servings Per Container: 30 |
|-------------------------------------|-----------------|----------------------------|
| Amount Per Serving                  | % Daily Value** |                            |
| Vitamin D3 (as Cholecalciferol)     | 5 mcg           | 25%                        |
| Calcium (as Ca Citrate & Ca Malate) | 300 mg          | 23%                        |
| Iodine (from Kelp)                  | 150 mcg         | 100%                       |
| Magnesium (as Mg Glycinate)         | 300 mg          | 71%                        |
| Zinc (as Zn Picolinate)             | 15 mg           | 136%                       |
| Selenium (as Se Citrate)            | 100 mcg         | 182%                       |
| Copper (as Cu Glycinate)            | 2 mg            | 222%                       |
| Manganese (as Mn Glycinate)         | 2 mg            | 87%                        |
| Chromium (as Cr Polynicotinate)     | 200 mcg         | 571%                       |
| Molybdenum (as Na Molybdate)        | 100 mcg         | 222%                       |
| Potassium (as K Citrate)            | 99 mg           | 2%                         |
| Boron (as B Picolinate)             | 2 mg            | †                          |
| Vanadium (as Vanadyl Sulfate)       | 100 mcg         | †                          |

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other Ingredients:** Hypromellose (capsule), microcrystalline cellulose, vegetarian leucine. Manufactured without milk, eggs, fish, crustacean shellfish and gluten. Produced in a facility that may process other ingredients containing these allergens.

### Highlighted Ingredients

| Features                            | Benefits*  |
|-------------------------------------|--|
| <b>Iodine (from kelp)</b>           | <ul style="list-style-type: none"> <li>Vital for good thyroid function, which in turn is essential for health</li> <li>Iodine deficiency can result in low energy levels, dry, scaly or yellowish skin, tingling and numbness in extremities, weight gain, forgetfulness, personality changes, low mood states, anemia and prolonged, heavy menstrual cycles in women</li> </ul> |
| <b>Magnesium (as Glycinate)</b>     | <ul style="list-style-type: none"> <li>Important for bone health because it assists with calcium and potassium uptake</li> <li>It is necessary to prevent calcification of soft tissue, protects arterial linings from stress</li> <li>Involved in carbohydrate and mineral metabolism</li> </ul>  |
| <b>Manganese (as Glycinate)</b>     | <ul style="list-style-type: none"> <li>Assists the body to utilize several key nutrients such as biotin, thiamin and ascorbic acid</li> </ul>  |
| <b>Chromium (as Polynicotinate)</b> | <ul style="list-style-type: none"> <li>Required by the body to convert iron into hemoglobin</li> <li>Essential constituent of many important body enzymes, including a form of superoxide dismutase, a major cellular antioxidant</li> </ul>   |
| <b>Molybdenum (as Picolinate)</b>   | <ul style="list-style-type: none"> <li>Essential mineral used to treat sulfite sensitivity (sulfites are used in food processing &amp; many wines, to prevent oxidation and spoilage) – essential to detox</li> <li>Helps breakdown yeast byproduct, acetaldehyde, into acetic acid so it may be excreted from body</li> </ul>   |
| <b>Boron (as Picolinate)</b>        | <ul style="list-style-type: none"> <li>Promotes healthy bone density</li> <li>Assists in muscle recovery from exercise</li> <li>Supports healthy brain function</li> </ul>   |



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Available only through healthcare professionals

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.