

PRODUCT INFORMATION:

Two tablets typically provide:

		%NRV*		
Calcium	375mg	47	Boron	1mg
Magnesium	124mg	33	Spirulina	20mg
Iron	8mg	57	Alfalfa	20mg
Zinc	10mg	100	Nettle extract 4:1	20mg
Copper	1mg	100	Parsley	20mg
Manganese	4mg	200	Carrot	20mg
Selenium	50µg	91	Watercress	20mg
Chromium	50µg	125	Fennel seed	20mg
Molybdenum	10µg	20	Dandelion extract 5:1	4mg
Iodine	30µg	20	Coriander seed	20mg
Silicon	9mg		Broccoli extract 15:1	10mg

*NRV = Nutrient Reference Value

INGREDIENTS: Lithothamnium calcareum, magnesium (magnesium citrate, magnesium oxide), bulking agent: microcrystalline cellulose, anti-caking agent: magnesium stearate, kelp†, zinc citrate, ferrous fumarate, alfalfa (*medicago sativa*) powder, carrot (*daucus carota*) powder, coriander (*coriandrum sativum*) seed powder, fennel (*foeniculum vulgare*) seed powder, nettle (*urtica dioica* L.) extract, parsley (*petroselinum crispum*) leaf powder, spirulina (*arthrosira platensis*) powder, watercress (*nasturtium officinale*) powder, silicon dioxide, manganese citrate, broccoli (*brassica oleracea*) extract, zein protein coating, di-sodium tetraborate, dandelion (*taraxacum officinale*) root extract, copper citrate, chromium picolinate, l-selenomethionine, sodium molybdate.

†May contain naturally occurring fish and crustacea

No artificial colours, flavours or preservatives.

No yeast, added sugar or salt.

STORAGE: Store in a cool, dry place out of reach of children. This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

BIO MINERALS

Multi mineral
complex with
added
botanicals



90 tablets
vegetarian and vegan

BIO MINERALS

FOOD SUPPLEMENT - 90 TABLETS

DIRECTIONS: Adults take 2 tablets (children 8 years and over, 1 tablet) a day with meals. Do not exceed recommended daily intake.

A daily multivitamin is also recommended. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING: If you are pregnant, breastfeeding, taking any medication or have a medical condition, please consult your healthcare professional before using this product. This product contains iron which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach. Total content of iron per bottle is 360mg.

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