



Product No. RN147

Core Minerals™

Balanced Mineral Complex – Iron free

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 calcium absorption.

Suggested Use

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

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)	200 IU 50%
Calcium (as Ca Citrate & Ca Malate)	300 mg 30%
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Mg Glycinate)	300 mg 75%
Zinc (as Zn Picolinate)	15 mg 100%
Selenium (as Se Citrate)	100 mcg 143%
Copper (as Cu Glycinate)	2 mg 100%
Manganese (as Mn Glycinate)	2000 mcg 100%
Chromium (as Cr Polynicotinate)	200 mcg 167%
Molybdenum (as Mo Picolinate)	100 mcg 133%
Potassium (as K Citrate)	99 mg 3%
Boron (as B Picolinate)	2 mg *
Vanadium (as Vanadyl Sulfate)	100 mcg *

* Daily Value not established.

OTHER INGREDIENTS: vegetable cellulose, microcrystalline cellulose, vegetarian leucine.

Free of: Artificial flavors & preservatives.

Highlighted Ingredients

Features	Benefits*
Iodine (from kelp)	<ul style="list-style-type: none"> Vital for good thyroid function, which in turn is essential for health 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
Magnesium (as Glycinate)	<ul style="list-style-type: none"> Important for bone health because it assists with calcium and potassium uptake It is necessary to prevent calcification of soft tissue, protects arterial linings from stress Involved in carbohydrate and mineral metabolism
Manganese (as Glycinate)	<ul style="list-style-type: none"> Assists the body to utilize several key nutrients such as biotin, thiamin and ascorbic acid
Chromium (as Polynicotinate)	<ul style="list-style-type: none"> Required by the body to convert iron into hemoglobin Essential constituent of many important body enzymes, including a form of superoxide dismutase, a major cellular antioxidant
Molybdenum (as Picolinate)	<ul style="list-style-type: none"> Essential mineral used to treat sulfite sensitivity (sulfites are used in food processing & many wines, to prevent oxidation and spoilage) – essential to detox Helps breakdown yeast byproduct, acetaldehyde, into acetic acid so it may be excreted from body
Boron (as Picolinate)	<ul style="list-style-type: none"> Promotes healthy bone density Assists in muscle recovery from exercise Supports healthy brain function

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



P.O. Box 224, Los Olivos, CA 93441
 Toll Free: 800.755.3402 • Tel: 805.693.1802 • Fax: 805.693.1806
 ResearchedNutritionals.com | Available only through healthcare professionals