

**USAGE:** Take 2 capsules three times per day with meals, (for a total of 6) or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially warfarin/Coumadin), consult your healthcare professional before using this product.

Jarrow Formulas® Mineral Balance® provides essential macro- and trace minerals needed for the support and maintenance of optimal health.\*

**Keep out of the reach of children.**

\* 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.

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Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
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[www.Jarrow.com](http://www.Jarrow.com)

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

**Iron-Free  
Mineral Complex**

# Mineral Balance®

**Balanced Multi Minerals**

**120**  
CAPSULES      **DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size 6 Capsules  
Servings Per Container 20

	Amount Per Serving	% DV
Vitamin D <sub>3</sub> (cholecalciferol)	1000 IU	250%
Vitamin K		150%
(Vitamin K <sub>1</sub> as phylloquinone)	100 mcg	
(Vitamin K <sub>2</sub> as MK-7)	20 mcg	
Calcium (elemental) (as calcium malate)	1000 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	400 mg	100%
Zinc (L-OptiZinc®) (as zinc L-monomethionine)	10 mg	70%
Selenium (as methylselenocysteine)	50 mcg	70%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese citrate)	1 mg	50%
Chromium (from <i>Saccharomyces cerevisiae</i> )	200 mcg	170%
Molybdenum (as sodium molybdate)	75 mcg	100%
Potassium (as potassium chloride)	99 mg	4%

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

**Contains:** Soy (in trace amounts, from MK-7 fermentation). No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.