

Manufactured for:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 6 capsules daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

BMN

Basic Minerals™

A Dietary Supplement

 **DOUGLAS**
LABORATORIES®

180 Capsules

Supplement Facts

Serving Size 6 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Calcium (as calcium citrate)	400 mg 40%
Iodine (from kelp).....	150 mcg 100%
Magnesium (as magnesium aspartate	400 mg 100%
and magnesium amino acid chelate)	
Zinc (as zinc amino acid chelate)	20 mg 133%
Selenium (as selenium amino	200 mcg 286%
acid complex)	
Copper (as copper amino acid chelate).....	2 mg 100%
Manganese (as manganese	20 mg 1,000%
amino acid chelate)	
Chromium (as chromium polynicotinate)	200 mcg 167%
Molybdenum (as molybdenum	150 mcg 200%
amino acid chelate)	
Potassium (as potassium chloride).....	99 mg 3%
Vanadium (as vandyl sulfate)	39 mcg *
Boron (as boron aspartate-citrate).....	2 mg *

*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.

7
45287
03004
2