

**Recommended Use:** One or two scoops (or rounded teaspoons) daily, each in six ounces of warm water. If desired, warm mixture can be refrigerated and used later.

## Supplement Facts

**Serving Size:** One scoop, filled to line (Equals 7 grams)

<b>Ingredient</b>	<b>Amount Per Serving</b>	<b>% DV</b>
Ionic magnesium	300 mg	75%
Ionic Calcium	250 mg	25%
Ionic Zinc	2 mg	13%
Ionic Manganese	1 mg	50%
Ionic Copper	250 mcg	12.5%
Vitamin C (ascorbic acid)	250 mg	416%
Vitamin A (natural beta carotene)	250 IU	5%
Vitamin B6 (pyridoxine HCL)	1 mg	50%
Vitamin B12 (cyanocobalamin)	30 mcg	500%
Vitamin D (ergocalciferol)	100 IU	25%
Folic acid	50 mcg	12.5%
Ionic Potassium	100 mg	*
Ionic Boron	500 mcg	*
Silica (bamboo leaf)	60 mg	*

\* Daily Value not established

**Suggested Usage:** One to three servings daily, depending on diet.

**Storage:** Keep tightly sealed at room temperature.

**Caution:** Please keep all supplements out of children's reach.