

**Recommended Use:** One or two scoops 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 5.7 grams)

Ingredient		Amount Per Serving	% DV
Ionic Magnesium		300 mg	75%
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 mg	5%
Vitamin B6	(pyridoxine HCL)	1 mg	50%
Vitamin B12	(cyanocobalamin)	30 mcg	500%
Vitamin D	(ergocalciferol)	100 IU	25%
Folate	(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.