



# Trace Minerals

Introduced 2010

## What Is It?

Trace Minerals provides a highly absorbable blend of essential trace minerals to support metabolism and cellular function throughout the body.\*

## Uses For Trace Minerals

**Cellular Function:** Many minerals are important enzyme cofactors for numerous processes, including cellular energy production and the synthesis of hormones, neurotransmitters and DNA. This formula provides these trace minerals in a balanced combination, without macro minerals, to promote optimal bioavailability.\*

## What Is The Source?

Minerals are derived from earthen ore. Citrate is derived from corn dextrose fermentation. Glycine, methionine and picolinate are synthetic. Silica is derived from *Bambusa vulgaris* (bamboo) stem extract. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypoallergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1-2 capsules daily, in divided doses, with meals.


## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

## Trace Minerals

each vegetarian capsule contains  v 3

iodine (potassium iodide) .....	100 mcg
zinc (as zinc picolinate) .....	15 mg
selenium (as selenomethionine) .....	70 mcg
manganese (as manganese citrate) .....	2 mg
chromium (as chromium picolinate) .....	200 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate) ..	100 mcg
boron (as boron glycinate) .....	1 mg
vanadium (as bis-glycinato oxo vanadium) .....	250 mcg
silica (from bamboo ( <i>Bambusa vulgaris</i> ) extract (stem)) .....	10 mg
other ingredients: rice flour, hypoallergenic plant fiber (cellulose), ascorbyl palmitate, vegetarian capsule (cellulose, water)	

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