Forever Nature-Min™ is an advanced multi-mineral formula designed to give your body an optimal combination of minerals and trace elements.

Minerals play an important role in many bodily functions. Forever Nature Min™ contains a high percentage of calcium, magnesium, iron, zinc and many other minerals from the seabed.

Instructions: Take 1 tablet with water, three times daily.

Do not use if seal under cap is broken or missing.

Store tightly closed in a cool, dry place.

Keep out of reach of young children. Do not exceed the stated recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.



Forever Direct EU, 4751 XJ Oud Gastel, NL Forever Living Products Malta Ltd 65B, Triq It-Torri, Birkirkara, BKR2090, Malta foreverliving.com Made in USA

Best before end: see bottom of container.

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FOREVER NATURE-MIN*

Advanced Multi-Mineral Formula

FOOD SUPPLEMENT
180 TABLETS

Net weight: 166 g ©2007-2012

Nutritional Values

Daily doses per container: 60 Per recommended daily dosage: 3 tablets

	Quantity	NRV'
Calcium	500 mg	63%
Phosphorus	386 mg	55%
Magnesium	200 mg	53%
Iron	9 mg	64%
Zinc	7.5 mg	75%
Copper	1 mg	100%
Manganese	1 mg	50%
Selenium	18 µg	32%
Molybdenum	18 µg	36%
lodine	75 µg	50%

^{*} Nutritional Reference Values

Ingredients: Calcium/phosphorus (dicalciumphosphate), emulsifier (microcrystalline cellulose), magnesium (magnesium oxide), anti-caking agent (stearic acid), thickener (carboxymethylcellulose), sea minerals, iron (ferrous fumarate), zinc (zinc sulfate), manganese (manganese gluconate), copper (copper gluconate), selenium (L-selenomethionine), iodine (potassium iodide), molybdenum (sodium molybdate).

FOREVER"