



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Mineral 650®

INTRODUCED 1992

What Is It?

Mineral 650® is a complete chelated-mineral formula designed to provide the most bioavailable forms of the minerals essential to optimal physiologic function. This formula is available with and without iron and copper.*

Uses For Mineral 650®

Optimal Health: Mineral 650® contains a highly-absorbable balanced combination of chelated minerals, including macro-minerals and trace minerals. By providing minerals in a controlled ratio, this formula prevents minerals from competing with each other for absorption in the digestive tract.*

What Is The Source?

Minerals are derived from earthen ore. Iodide is derived from salt brine. Citrate is derived from corn dextrose fermentation. Aspartate, glycinate, methionine, polynicotinate and picolinate are synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 3–6 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In some individuals, iron supplements may cause nausea, vomiting, constipation and black stools. Consult your physician for more information. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.

Mineral 650®

six vegetable capsules contain V O

calcium (citrate)	300 mg
magnesium (citrate)	250 mg
manganese (aspartate)	10 mg
zinc (picolinate)	25 mg
potassium (aspartate)	99 mg
copper (glycinate)	2 mg
iron (glycinate).....	10 mg
selenium (selenomethionine).....	200 mcg
chromium (polynicotinate)	200 mcg
vanadium (aspartate)	100 mcg
molybdenum (aspartate)	100 mcg
iodine (potassium iodide).....	100 mcg
boron (glycinate).....	2 mg
ascorbyl palmitate (fat-soluble vitamin C)	84 mg

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

3–6 capsules per day, in divided doses, with meals.

Mineral 650® (without copper & iron)

six vegetable capsules contain V O

calcium (citrate)	300 mg
magnesium (citrate)	250 mg
manganese (aspartate)	10 mg
zinc (picolinate)	25 mg
potassium (aspartate)	99 mg
selenium (selenomethionine).....	200 mcg
chromium (polynicotinate)	200 mcg
vanadium (aspartate)	100 mcg
molybdenum (aspartate)	100 mcg
iodine (potassium iodide).....	100 mcg
boron (glycinate).....	2 mg
ascorbyl palmitate (fat-soluble vitamin C)	84 mg

3–6 capsules per day, in divided doses, with meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



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