

PRODUCT DATA SHEET

Biomins®



**THORNE
RESEARCH**

Pure Ingredients, Trusted Results



Biomins®

A complete mineral formula with aspartate chelates to promote energy production,* with copper and iron

- Provides all the essential macro- and trace minerals
- Aspartate chelates support Krebs cycle function for energy production*

BIOMINS

S u p p l e m e n t F a c t s		
Serving Size: Three Capsules		
Servings Per Container: 30		
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Three Capsules Contain:		% DV
Calcium (as Calcium Aspartate)	300 mg	30%
Iron (as Iron Aspartate)	15 mg	83%
Iodine (as Potassium Iodide)	120 mcg	80%
Magnesium (as Magnesium Aspartate)	270 mg	68%
Zinc (as Zinc Aspartate)	21 mg	140%
Selenium (as Selenium Aspartate)	150 mcg	214%
Copper (as Copper Aspartate)	0.9 mg	45%
Manganese (as Manganese Aspartate)	6 mg	300%
Chromium (as Chromium Aspartate)	200 mcg	167%
Molybdenum (as Molybdenum Aspartate)	90 mcg	120%
Potassium (as Potassium Aspartate)	90 mg	3%
Boron (as Boron Aspartate)	3 mg	*
Vanadium (as Vanadium Aspartate)	90 mcg	*
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*Daily Value (DV) not established.		

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

90 Vegetarian Capsules

Code: M201

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Iodine may occasionally cause an allergic reaction in some individuals.

Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

Interactions

There are no known adverse interactions or contraindications at publication date.

Additional Warnings

Gas, bloating, or diarrhea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolves when the amount is reduced.

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

Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

Suggested Use

Take 3 capsules daily or as recommended by a health-care practitioner.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.