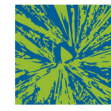


# PRODUCT DATA SHEET

## Citramins®



**THORNE  
RESEARCH**

Pure Ingredients, Trusted Results



### Citramins®

A complete mineral formula of highly absorbable citrate chelates\* with copper and iron

- Provides all the essential macro- and trace minerals
- Citrate mineral chelates support Krebs cycle for energy production\*
- A highly absorbed complete multi-mineral formula\*

#### CITRAMINS

S u p p l e m e n t F a c t s		
Serving Size: Three Capsules		
Servings Per Container: 30		
<hr/>		
Three Capsules Contain:		% DV
Calcium (as Calcium Citrate)	300 mg	30%
Iron (as Iron Citrate)	15 mg	83%
Iodine (as Potassium Iodide)	120 mcg	80%
Magnesium (as Magnesium Citrate)	270 mg	68%
Zinc (as Zinc Citrate)	21 mg	140%
Selenium (as Selenium Citrate)	150 mcg	214%
Copper (as Copper Citrate)	900 mcg	45%
Manganese (as Manganese Citrate)	6 mg	300%
Chromium (as Chromium Citrate)	200 mcg	167%
Molybdenum (as Molybdenum Citrate)	90 mcg	120%
Potassium (as Potassium Citrate)	90 mg	3%
Boron (as Boron Citrate)	3 mg	*
Vanadium (as Vanadium Citrate)	90 mcg	*
<hr/>		
*Daily Value (DV) not established.		

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

90 Vegetarian Capsules

Code: M249

### 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.