

Manganese

15 mg, 100 tablets

Item Catalog Number: 00474

Manganese is an essential trace mineral involved in many key functions in the body. It plays a role in energy production, in normal bone formation and development, and in the synthesis of many vital cellular biochemicals such as collagen, prothrombin, urea, mucopolysaccharides (glucosamine and chondroitin), fatty acids and protein. In addition, manganese is involved with one of the types of superoxide dismutase, a major body antioxidant protector. This product is from Source Naturals.

Supplement Facts

Serving Size 1 softgel

Servings Per Container 30

Amount Per Serving

Manganese (as manganese amino acid chelate)

15 mg

Other ingredients: sorbitol, stearic acid, colloidal silicon dioxide, modified cellulose gum, and magnesium stearate.

Suitable for vegetarians. Contains no yeast, dairy, egg or soy. Contains no sugar, salt, preservatives, or artificial color, flavor or fragrance.

Dosage and Use

- One tablet daily, or as recommended by your health care professional.

Note

If you are pregnant or breastfeeding, consult your health care professional before using this product.

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