

# Manganese (aspartate/citrate)

## Connective tissue and bone support<sup>†</sup>

### INDICATIONS

- Ages 18 and up
- Trace mineral for connective tissue and bone support<sup>†</sup>

### BENEFITS

- Helps maintain connective tissue and bone health<sup>†</sup>
- Supports cellular function as enzyme cofactor<sup>†</sup>

### FEATURES

- 8 mg of manganese per capsule
- Combination of aspartate and citrate forms
- Convenient, small size capsule
- Made with high-quality vegan ingredients backed by verifiable science

### VERIFIABLE SCIENCE

Manganese supports numerous enzymes necessary for the utilization of biotin, thiamine, and ascorbic acid. It is a catalyst in the synthesis of fatty acids and cholesterol, and plays a part in protein, carbohydrate, and fat production. It is also a necessary cofactor for the endogenous antioxidant superoxide dismutase.<sup>1,2</sup> Manganese is necessary for normal skeletal development and maintenance of connective tissue and cellular integrity<sup>2</sup>.

In addition, it influences the synthesis of mucopolysaccharides, which comprise an important component of connective tissue.<sup>†</sup>

### SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal.

### STORAGE

Store in a cool, dry place.

### WARNING

If you have any health condition, particularly liver disease, or are taking any medication, consult your health professional before use. Do not exceed the suggested daily dose unless recommended and monitored by your health professional.

### SOURCE

- Manganese is sourced naturally from earthen ore.
- Citrate is derived from corn dextrose fermentation.
- Aspartate is synthetic.
- Hypo-allergenic plant fiber is derived from pine cellulose.

### NOTES

Size 3 capsule

Bottle count 60

Order code MN6

Bottle size 75 cc

### REFERENCES

1. Gropper, Sareen Annora Stepnick. (2009). *Advanced nutrition and human metabolism*. Australia; United States:Wadsworth/Cengage Learning.
2. Bresciani G, et al. *Adv Clin Chem*. 2015;68:87-130

### SUPPLEMENT FACTS

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Manganese (as manganese aspartate and 50% as manganese citrate)	8 mg
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Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)



Manganese (aspartate/citrate)	Quantity	Order Code
	60	MN6

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