

Major Minerals:

Major minerals such as calcium, magnesium and potassium are required by the body for many functions such as bone growth and maintenance, normal nerve transmission, blood vessel dilation, muscle contraction and many more. Magnesium alone has more than 300 functions in the body. **Total People Plus™** contains highly available forms of these minerals.

Trace Minerals:

Total People Plus™ contains only chelated forms of copper, manganese and zinc. This insures the highest possible bioavailability of these critical minerals.

Copper is required for many coenzymes in the body, production of energy, formation of collagen and elastin and production of dopamine and serotonin.

Manganese serves as a catalyst for enzyme activity, bone growth, cartilage formation, formation of collagen, healing and glucose tolerance.

Zinc plays a role as a catalyst in numerous enzyme reactions in cell metabolism. It is also important for maintaining a healthy immune system and for proper nervous system function.

Selenium plays many roles in the body and is involved in antioxidant activity and muscle growth and maintenance.

Total People Plus™



Supplement Facts

Serving Size: 1 Capsule
Servings Per Bottle: 180

Amount Per Serving		% Daily Value
Vitamin A (as retinyl acetate)	400IU	8%
Vitamin C (from ascorbic acid and potassium ascorbate)	31.6mg	50%
Vitamin D (as cholecalciferol)	40IU	10%
Vitamin E (as DL-alpha-tocopheryl acetate)	10IU	35%
Vitamin K (as phytonadione)	133mcg	170%
Thiamin (as thiamine hydrochloride)	1.3mg	90%
Riboflavin	0.6mg	35%
Niacin	2mg	10%
Vitamin B6 (as pyridoxine hydrochloride)	0.3mg	15%
Folate (Folic Acid)	66.7mcg	20%
Vitamin B12 (as cyanocobalamin)	2.7mcg	45%
Biotin	167mcg	60%
Pantothenic Acid (as calcium D-pantothenate) 3	3.7mg	35%
Calcium (as calcium carbonate and calcium D-pantothenate)	27mg	<2%
Magnesium (as magnesium aspartate)	6.7mg	2%
Zinc (as zinc amino acid chelate)	2.7mg	20%
Selenium (as selenium citrate)	167mcg	240%
Copper as (copper chelate)	1.0mg	50%
Manganese (as manganese sulfate monohydrate)	2.0mg	100%
Potassium (as potassium ascorbate)	5.7mg	<2%