

Element (Symbol)	Mineral salt	% elemental mineral	
Boron - B	Boron (Sodium borate)	11.34 B - 12 Na	
Calcium - Ca	Calcium (Di-) phosphate (dihydrate)	23.29 Ca - 18 P	
	Calcium (Tri-) phosphate	38.76 Ca - 20 P	
	Calcium ascorbate (dihydrate)	9.40	90% ascorbate
	Calcium bisglycinate	21.30	
	Calcium caprylate	12.28	
	Calcium carbonate	40.04	
	Calcium chloride (dihydrate)	27.00	48% chlorine
	Calcium citrate (Tri-Calcium citrate tetrahydrate)	21.08	
	Calcium citrate malate	21.00	
	Calcium gluconate (monohydrate)	8.94	
	Calcium glycerophosphate	19.07 Ca - 14.74 P	
	Calcium hydroxide	54.09	
	Calcium hydroxyapatite	39.89 Ca - 18.5 P	
	Calcium lactate (pentahydrate)	18.37	
	Calcium lactate gluconate	12.36	
	Calcium Magnesium carbonate (Dolomite)	21.73 Ca - 13.18 Mg	
	Calcium pyruvate	30.79	
Calcium silicate	34.50 Ca - 24.18 Si		
Calcium succinate	25.67		
Chromium - Cr	Chromium chloride (CrCl3- Tri-chloride)	19.51	
	Chromium picolinate	12.43	
Copper - Cu	Copper bisglycinate	10.00	
	Copper citrate (hemitrihydrate)	37.14	
	Copper gluconate	14.00	
Iodine - I	Iodine (Potassium iodide)	76.44 I - 23.55 K	
Iron - Fe	Iron (Ferrous) citrate	22.71	
	Iron (Ferrous) fumarate	32.87	
	Iron (Ferrous) gluconate	11.58	
	Iron (Ferrous) lactate (dihydrate)	19.00	
	Iron (Ferrous) sulphate (heptahydrate)	20.09	
Iron bisglycinate	20.00		
Magnesium - Mg	Magnesium acetyl taurate	6.50	
	Magnesium ascorbate	6.48	85% ascorbate
	Magnesium bisglycinate dihydrate	10.50	
	Magnesium carbonate Heavy	22.65	
	Magnesium carbonate Light (BP)	22.65	
	Magnesium chloride (hexahydrate)	11.96	
	Magnesium citrate (TriMagnesium citrate anhydrous)	16.16	
	Magnesium gluconate	5.10	
	Magnesium glycerophosphate	10.60 mg - 13.44 P	
	Magnesium hydroxide	41.70	
	Magnesium lactate (dihydrate)	10.19	
	Magnesium L-Threonate	7.20 - 8.30	
	Magnesium malate	15.00	
	Magnesium oxide	60.31	
	Magnesium phosphate (Di basic tri-hydrate)	13.94 Mg - 17.76 P	
	Magnesium pidolate	8.60	
	Magnesium succinate	17.31	
Magnesium sulphate (anhydrous)	20.19		
Magnesium taurate (20%) buffered	20.00		
Magnesium taurate (8%)	8.00		
Manganese - Mn	Manganese ascorbate	13.56	64% ascorbate
	Manganese bisglycinate	16.00	
	Manganese citrate	22.79	
	Manganese gluconate	11.41	
	Manganese glycerophosphate	21.00 Mn - 11.87 P	
Molybdenum - Mo	Molybdenum (Ammonium molybdate)	54.35	
	Molybdenum (Sodium molybdate)	39.66 Mo - 19 Na	
Potassium - K	Potassium acetate	39.84	
	Potassium ascorbate	18.25	65% ascorbate
	Potassium bicarbonate	39.02	
	Potassium chloride	52.45	
	Potassium citrate (tri-potassium monohydrate)	36.16	

	Potassium gluconate	16.69	
	Potassium glycerophosphate	31.50 K - 12.48 P	
	Potassium phosphate	44.89 K - 17.8 P	
Selenium - Se	Selenium - Sodium selenite	45.00	HAZCHEM - DO NOT USE
	Selenium methionine (L-selenomethionine)	0.50	
	Selenium Yeast 2000mcg/g	0.20	
Silicon - Si	Silicon dioxide	46.75	
Sodium - Na	Sodium (Tri-) citrate anhydrous	27.00	
	Sodium ascorbate	11.60	88% ascorbate
	Sodium bicarbonate	27.37	
	Sodium carbonate (anhydrous)	43.38	
	Sodium chloride (salt)	39.34	
	Sodium citrate dibasic (disodium hydrogen citrate)	17.48	
Zinc - Zn	Zinc ascorbate (monohydrate)	15.08	68% ascorbate
	Zinc bisglycinate	20.00	
	Zinc citrate (dihydrate)	31.30	
	Zinc gluconate	14.35	
	Zinc malate (trihydrate)	25.00	
	Zinc monomethionine	21.06	
	Zinc oxide	80.35	
	Zinc picolinate	21.10	
	Zinc sulphate (heptahydrate)	40.01	