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### RATED TRUE ABSORBABILITY OF INORGANIC MINERALS

Iron, as ferrous sulfate	5-13%
Copper, as copper sulfate	8-12%
Manganese, as manganese sulfate	6-11%
Zinc, as zinc sulfate	5-13%
Selenium, as selenite	less than 0.5%
Chromium, as chromium chloride	less than 0.5%

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\*Adapted fr: Anderson, R. 1996. J. of Trace Elements in Experimental Med., USDA ARS

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### COMPARATIVE TRUE BIOAVAILABILITY OF DIFFERENT MINERAL FORMS

FORM	BIOAVAILABILITY
Metal amino acid chelates	>90%
Metal-proteinates/picolinates/saccharides	<60%
Metal yeast	<35%
Dry blends	<20%
Inorganic Minerals	poor (<10%)

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Adapted fr: Anderson, 1996; Olin, 1999; Underwood, 1997; Fang, 1997