



## Serving Size Comparison

Eidon® Ionic Minerals are available in two forms, regular and concentrated. The serving size for regular is one tablespoon and the serving size for concentrated is 30 drops, with the exception of Iodine.\*\* The same potency of minerals is delivered in either form, except for Iodine and Magnesium.\*

All the mineral blends (Bone Support, Electrolytes, Immune Support, Joint Support, Multiple Minerals) deliver the same potency of all the minerals in both regular and concentrated.

Mineral	18 oz Regular serving size: 1 Tbsp	2 oz Concentrate serving size: 30 drops
Calcium	10 mg	not available
Chromium	300 mcg	300 mcg
Copper	0.6 mg	not available
Iodine *	150 mcg	226 mcg **
Magnesium *	8 mg	80 mg
Potassium	99 mcg	99 mcg
Selenium	260 mcg	260 mcg
Silica	375 mg	375 mg
Sulfur	15 mg	15 mg
Zinc	7.5 mg	7.5 mg

\* Iodine and Magnesium have different amounts per serving between the regular and concentrate.

\*\* Iodine concentrate serving size is 2 drops.

The concentrate bottle is a convenient size to fit into a pocket or gym bag. The 2 oz cobalt blue glass bottle meets the TSA Liquids Rule for air travel. When purchasing online it also saves on shipping charges.