



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, and Multiple Minerals) deliver the same potency of minerals in both regular and concentrated sizes.

Mineral	18oz Regular serving size: 1 Tbsp	2oz Concentrate serving size: 30 drops (2 dropper squeezes)
Boron	10 mg	10 mg
Calcium	10 mg	10 mg
Chromium	300 mcg	300 mcg
Copper	0.6 mg	0.6 mg
Iodine**	150 mcg	226 mcg per 2 drops**
Iron	n/a	5mg
Lithium	n/a	2mg
Magnesium*	8 mg	80 mg*
Manganese	n/a	2mg
Molybdenum	n/a	200 mcg
Potassium	99 mg	99 mg
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 sizes.

** Iodine concentrate serving size is 2 drops.

The 18oz bottle is a BPA-free, HDPE food grade plastic and the recommended dose for each is one tablespoon. We suggest taking these minerals in 4-8oz of water or other liquid.

The 2oz cobalt blue glass bottles come with a glass dropper for easy administration. The recommended dose with the concentrates is 30 drops in 8oz of water or other liquid. The smaller size is convenient to carry, meets the TSA Liquids Rule for air travel and may also save on shipping charges.