

Re: The white spots on fingernail

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Here's a rundown of all the commonly formulated chelate groups: citrate, gluconate, EDTA, picolinate, sebacate, ascorbate, aspartate, methionate, and glycinate. The last 3 (amino acids) are the most bioavailable.

Wow, I had no idea there were that many common chelate groups. I suppose I **have** heard of all of them at one time or another, I've just never seen them all listed together like that.

Thanks for the info, Knack.

Max.

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