

A balanced multiple mineral formula that contains 9 key minerals in easily assimilated forms.

Minerals Support:

- Proper composition of body fluids*
- Formation of bone and blood*
- Maintenance of healthy nerve function*
- Regulation of muscle tone including the muscles of the cardiovascular system.*

About the Nutrients:

Calcium is essential to maintaining total body health. The body needs it every day to keep bones and teeth strong, as well as to ensure proper functioning of muscles and nerves.* Mineral deficiencies, particularly calcium, have been linked with creating a low pH (acidic) environment inside the body. Many disease-causing organisms thrive in an acidic environment.

Chromium is an essential mineral needed for insulin activity in carbohydrate, fat and protein metabolism.*

Copper is required by the body to convert iron into hemoglobin, and is an essential constituent of many important body enzymes including a form of superoxide dismutase, a major cellular antioxidant.*

Iodine (from kelp) is vital for good thyroid function, which in turn is essential for health.* Iodine deficiency can result in low energy levels, dry, scaly or yellowish skin, tingling and numbness in extremities, weight gain, forgetfulness, personality changes, low mood states, anemia and prolonged, heavy menstrual cycles in women.*

Magnesium is important for bone health because it assists with calcium and potassium uptake.* It is necessary to prevent calcification of soft tissue, protects arterial linings from stress and it is involved in carbohydrate and mineral metabolism.*

Manganese helps your body utilize several key nutrients such as biotin, thiamin and ascorbic acid.*

Potassium is an electrolyte that is lost in sweat and is very important for proper muscle contraction. It works with sodium to control the body's water balance, as well as prevent cramping and lactic acid build up.* It also helps to support blood pressure within normal ranges.*

Selenium is an essential trace mineral which acts as an antioxidant and is important to the immune system.* It is the essential mineral cofactor in the production of glutathione peroxidase and it functions with Vitamin E in neutralizing free radicals and lipid peroxidation within cell membranes.* Selenium also supports the cardiovascular system and the aging process.*

Vitamin D3 is essential for the efficient utilization of calcium by the body. Maintenance of serum calcium levels within a narrow range is vital for normal functioning of the nervous system, as well as for bone growth and maintenance of bone density.

Zinc is an essential mineral that is found in almost every cell. It stimulates the activity of approximately 100 enzymes that promote biochemical reactions in the body. Zinc supports a healthy immune system, is needed for wound healing and for DNA synthesis.

Supplement Facts

Serving Size: 4 Capsules

Amount Per Serving

Vitamin D3 (as Cholecalciferol)	5 mcg (200 IU)
Calcium (as Ca Citrate & Ca Malate)	300 mg
Iodine (from Kelp)	150 mcg
Magnesium (as Mg Glycinate)	300 mg
Zinc (as Zn Picolinate)	15 mg
Selenium (as Se Citrate)	100 mcg
Copper (as Cu Glycinate)	2 mg
Manganese (as Mn Glycinate)	2000 mcg
Chromium (as Cr Polynicotinate)	200 mcg
Molybdenum (as Na Molybdate)	100 mcg
Potassium (as K Citrate)	99 mg
Boron (as B Picolinate)	2 mg
Vanadium (as Vanadyl Sulfate)	100 mcg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 4 capsules daily with food, divided between AM and PM, or as directed by your healthcare practitioner.