# **MINERALS**

### **BORON**

Supports healthy bone and tooth enamel, cartilage health, short and long term memory and healthy energy levels; supports healthy estrogen (estradiol) and testosterone levels; conserves Calcium and Magnesium levels in the bone by as much as 50%.

### **CALCIUM**

One of the first elements depleted by insufficient dietary nutrients, it is one of the most essential of the major biochemical elements present in the body. It supports bones, teeth, nails, nerves, muscles, tissues; Calcium is needed in every organ of the body; it promotes repair processes and aids normal body functions.

#### **CHROMIUM**

Is used by the liver when making fatty acids from stored glucose. The body then uses the fatty acids when exercising. It is a body regulator, supporting insulin and blood sugar levels within normal range and it is important to good heart and vascular health.

## **COBALT**

Is needed in small amounts to support the myelins health. It promotes the effectiveness of glucose transport from blood into body cells; aids assimilation of iron and the building of red blood cells; increases the body's ability to absorb Vitamin B12. It may be involved in many enzyme processes in the body and maintains the performance of the body cells.

# **COPPER**

An essential part of the red blood cell, enzyme & RNA formation, Copper improves vitamin oxidation ands supports a healthy immune system. It may mitigate pain perception, bone health, and general wellness.

# **EPN**

EPN complex is a patent-pending Enzyme Phyto Nutrient from a plant source that provides Enzyme and saccharides necessary for optimal cellular communication. Aids in killing free radicals.

## **GERMANIUM**

Germanium may help optimize levels of organ activity, facilitates oxygen uptake into cells and help support the natural cleansing of toxins and pollutants from the body. Germanium works as an electrical semi conductor and maintains the electrical fields of the body.

## **GOLD**

Promotes a general feeling of wellbeing, supports the immune system and promotes vitality and longevity; has been found to improve glandular function and is believed to help protect DNA from oxidative damage.

#### INDIUM

Indium is believed to support several hormonal systems in the body and may promote immune activity. It seems to enhance mineral absorption by the body.

#### IODINE

Supports thyroid function (metabolism and growth are controlled by hormones secreted by the thyroid.) lodine enhances memory, short and long term. It may support excretion of mercury, lead, cadmium and possibly aluminum by the kidneys. It may help normalize stomach acid levels. It may be effective against many detrimental bacteria and some fungi.

## **IRON**

Often called the "energy giver," iron along with manganese, copper and cobalt is necessary for red blood cell formation. It is also involved in circulation, helping to maintain normal range blood pressure levels, as well as food digestion and metabolism.

## **MAGNESIUM**

Supports normal nerve and muscle function; aids digestion by activating enzymes for protein and carbohydrate metabolism; enhances sleep; supports normal energy; supports normal heart and liver function; may help reduce inflammation in muscles, joints and tissue, potentially over 300 processes in all!

## **MANGANESE**

Manganese, also called the "brain mineral," aids memory and other brain and nerve faculties; aids in oxygen transfer from lungs to cells; promotes natural immune restoration functions; strengthens tendons, tissue, ligaments and linings in and outside of organs. It is the framework material with which calcium, magnesium and other bone building minerals are deposited. It may help reduce minor discomforts of menstrual cramps and PMS.

# **MOLYBDENUM**

Is an essential trace mineral used by the body in the process of regulating pH balance. For each pH point increase (e.g. from 6.1 to 6.2) the oxygen level is raised up to ten times, resulting in a metabolism increase, or the body's ability to burn fat.

#### **PLATINUM**

Platinum, in optimal levels in the blood, guards against disease causing bacteria, fungus, and even some virus strains. Platinum helps the immune systems respond to various stressors.

## **POTASSIUM**

Potassium, often called the "alkalizer", neutralizes acidity and replenishes alkaline salts in the bloodstream, maintains membrane potentials of nerves synapses and assists in metabolic processes. It is critical to cardiovascular and nerve function and vital for the elimination of wastes.

#### **SELENIUM**

Works with Vitamin E to promote normal body growth and tissue elasticity. It is a potent antioxidant that naturally reduces storing of toxic metals by the body. It is crucial for the heart muscle.

#### **SILVER**

May control proliferation of some types of bacteria, virus, mold and yeast, giving the body time to respond with its own healthy immune system. Silver is not known to produce mutants that silver is ineffective against, as antibiotics are known to do.

# **SULFUR**

Notably present in skin, hair and nails as well as all body cells, including brain, nerves, bowel and liver. Sulfur moves toxins out of cells by agitation. Muscle, bone and joint comfort is related to sulfur status. It is important in enzyme activities, body protein building, tissue regeneration & in metabolizing carbohydrates.

# TIN

Tin is concentrated primarily in the adrenal glands and in the tissues, liver, brain, spleen and thyroid; has been implicated in hair growth and hearing.

# **VANADIUM**

Supports the circulatory system and helps maintain cholesterol and blood sugar levels that are already within their normal ranges; believed to help support tooth enamel and the heart.

# ZINC

Zinc is second only to iron as the most prevalent trace mineral in the body. Zinc plays a role in cell division and growth, wound healing, the breakdown of carbohydrates and is needed for good immune function.

The amount of mineral needed varies from person to person greatly but 1 tsp is a good rule of thumb.