

Essential Minerals

With Trace Elements



DESCRIPTION

Essential Minerals is a high potency mineral complex providing a comprehensive blend of both macrominerals and trace minerals to help meet the body's daily nutritional requirement of these nutrients.

FUNCTIONS

Like vitamins, minerals are essential nutrients only obtained from our diet. They play a variety of roles including structural (such as calcium in bones), enzyme reactions (magnesium plays a role in over 300 enzymatic reactions) and synthesis (such as iron's role in red blood cell production). Although they are essential to health, recent studies conclude that most people fail to meet the recommended requirement for minerals. Therefore, supplementing with all essential minerals in one complete formula ensures adequate daily intake. Essential Minerals utilizes chelated minerals, which have greater absorption and bioavailability than non-chelated minerals. To facilitate absorption, utilization and retention of calcium and phosphorus, vitamin D is added to Essential Minerals. Betaine chloride provides an environment for enhanced absorption of minerals.

INDICATIONS

Essential Minerals may be a useful dietary supplement for those who wish to fortify their diet with both macrominerals and trace minerals and ensure optimal levels of these nutrients.

SUGGESTED USE

Adults take 4 tablets daily with meals or as directed by a healthcare professional.

SIDE EFFECTS

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

FORMULA (WV #10052)

4 Tablets Contain:

Calcium (as citrate, carbonate, hydroxyapatite)	1000 mg
Vitamin D (as cholecalciferol)	100 IU
Iron (as amino acid chelate)	5 mg
Iodine (from Norwegian kelp)	225 mcg
Magnesium (as oxide, citrate)	500 mg
Zinc (as zinc methionine)	15 mg
Selenium (as L-selenomethionine)	100 mcg
Copper (as amino acid chelate)	1 mg
Manganese (as arginate)	10 mg
Chromium (as polynicotinate)	100 mcg
Molybdenum (as amino acid chelate)	50 mcg
Potassium (as citrate)	99 mg
Horsetail herb extract (<i>Equisetum arvense</i>)	100 mg
Vanadium (as amino acid chelate)	25 mcg
Boron (as citrate, aspartate, glycinate)	1 mg
Betaine hydrochloride	160 mg
Trace mineral blend (from bentonite clay)	20 mg
Other Ingredients: May contain one or more of the following: magnesium stearate, cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica, and food glaze. Contains soy.	

This product contains NO added sugar, salt, dairy, wheat, gluten, yeast, corn, preservatives, artificial colors or flavors.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Groff, J and S. Gropper. Advanced Nutrition and Human Metabolism, 3rd Ed. Belmont, CA: Wadsworth; 2006.
- Traber MG. Vitamin E. In: Shils ME, Shike M, Ross AC, Caballero B, Cousins R, eds. Modern Nutrition in Health and Disease. 10th ed. Baltimore, MD: Lippincott Williams & Wilkins, 2006;396-411.
- Kaplan BJ, Simpson JS, Ferre RC, et al. Effective mood stabilization with a chelated mineral supplement: an open-label trial in bipolar disorder. J Clin Psychiatry 2001;62:936-44.

Manufactured For:

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