



Category 5 Minerals



GOODFORYOU
GOOD FOR LIFE

FULL SPECTRUM MINERALS

(120 Caps) #101544

Description: Full Spectrum Minerals contains essential minerals such as Calcium for strong bones to Zinc for immune system support. 1:1 Calcium to Magnesium Ratio. Iron-free formula.

Contents / Ingredients

Minerals are as important as, if not more important than, vitamins. Minerals are co-enzymes that help vitamins function. **In the absence of minerals, vitamins can't do their job.** Many minerals are referred to as trace minerals, which might make it seem as though they are of little importance, but nothing could be further from the truth. Minerals and their deficiencies have been implicated in a wide range of off-balance health conditions.

10 Powerful reasons why your body needs Minerals.

New Research clearly shows why taking minerals is absolutely critical to your health.

- **Fact** Recent research confirms that many forms of cancer are directly related to a deficiency in the mineral selenium.
- **Fact** Numerous studies show that patients who have arthritis experience marked improvement in joint pain and swelling when taking the mineral zinc.
- **Fact** According to U.S. Senate Document #264 and the 1992 Earth Summit report, over the past 100 years the soil in North America has been "85% depleted of its health producing minerals".

Traditional Therapeutic Action

Supplement Facts

Serving Size 4 Capsules Servings per Container 30

	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	400 IU	1000%
Calcium (from Hydroxyapatite(**))	500 mg	50%
Phosphorus (from Hydroxyapatite(**))	193 mg	19%
Iodine (from Kelp)	225 mcg	150%
Magnesium (as oxide and citrate)	500 mg	125%
Zinc (as Amino Acid Chelate)	15 mg	100%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as Amino Acid Chelate)	2 mg	100%
Manganese (as Amino Acid Chelate)	5 mg	250%
Chromium	200 mcg	166%
Molybdenum (as Amino Acid Chelate)	100 mcg	133%
Potassium (as Amino Acid Chelate)	99 mg	3%
Boron (as Amino Acid Chelate)	3 mg	(*)
Vanadium (as Amino Acid Chelate)	50 mcg	(*)

(*) Daily Value not established.

(**) Hydroxyapatite is a phosphate complex of calcium that occurs as a mineral and is the chief structural element of bones.

Other ingredients: Gelatin (capsule) rice flour and magnesium stearate. Contains no sugar, yeast, corn, soy, wheat, gluten, milk or preservatives.

- **Fact** Former Surgeon General, Dr. C. Everett Koop, has stated that 7 out of the top 10 causes of death are diet and nutrition related.
- **Fact** Dr. William Kelly in his best selling book, Metabolic Ecology-One Answer To Cancer, states that, "mineral imbalance is the root cause of the breakdown of the immune system".
- **Fact** You can survive much longer with a vitamin deficiency than you can with a mineral deficiency.
- **Fact** It's virtually impossible to get all the minerals the body needs for vibrant health out of our foods due to the mineral deficient soil in which our crops are grown.

Your "unsolved" Health problems may be caused by a mineral deficiency A deficiency in **selenium** can cause cancer, cirrhosis of the liver, heart problems, Alzheimer's and Parkinson's disease. A deficiency in **copper** can cause, varicose veins and aneurysms. An **iron deficiency** can cause low red blood cells and lack of energy. A **iodine** deficiency can cause a decrease in thyroid hormone production, low sex drive, irritability, dry skin and hair. A deficiency in **molybdenum** can cause a lower production of essential enzymes. A **vanadium** deficiency can cause slow growth in children, infertility, obesity, hypoglycemia, diabetes. A **magnesium** deficiency can cause asthma, menstrual, migraines and neuromuscular problems. A deficiency in **chromium** can cause depression, learning disabilities, low blood sugar, prediabetes. A **calcium** deficiency can cause osteoporosis, receding gums, arthritis, insomnia, PMS, high blood pressure, kidney stones, lower back pain, cramps and twitches.

SUGGESTED DOSAGE: Take 4 capsules daily, preferably with meals.