

Nature-Min

Description and Purpose

4% of our body weight is comprised of minerals. As our bodies can't manufacture them, we have to obtain them from our food. As our farmlands become depleted of minerals, supplementation is essential.

Minerals in the body perform three main functions:

- 1. Skeletal structure:** calcium, phosphorous and magnesium are major elements of bones and teeth.
- 2. Fluid regulation:** soluble salts which control the consumption of fluids and cells. For example, potassium and sodium regulate fluid, the extremes of which are oedema and dehydration.
- 3. Energy release:** mineral such as iron in haemoglobin work with enzymes and proteins to control the release of energy.

Nature-Min is an advanced multi-mineral formula using a new bio-available form of selenium for maximum absorption. It provides minerals and trace minerals in a perfectly balanced ratio - essential for them to work effectively. The mineral base consists of 100mg of natural seabed deposit, formed from chelated mineral elements in plant and animal marine life such as seaweed, shrimp and algae. Seabed minerals are a good source of trace minerals.

At a glance...

- Natural seabed deposit
- Perfect blend of minerals in each tablet
- Minerals play many roles in the human body from regulating fluid balance to activating genes and hormones



Our special seabed minerals provide a source of all of the elements found in the human body. Nature-Min is an excellent way to ensure that your body is getting the minerals and trace minerals it needs to meet the demands of a healthy, balanced lifestyle.

Formula Ingredients

Calcium (from dicalcium phosphate)	167mg
Phosphorus (from dicalcium phosphate)	111mg
Magnesium (from magnesium oxide)	67mg
Iron (from ferrous fumarate)	3mg
Zinc (from zinc sulphate)	2.5mg
Manganese (from manganese gluconate)	1mg
Copper (from copper gluconate)	330mg
Iodine (from potassium iodide)	25mg
Molybdenum (from molybdenum amino acid chelate)	6mg
Selenium (from selenomethionine)	6mg
Vanadium (from vanadium amino acid chelate)	6mg

Other Ingredients

Natural sea mineral deposit, croscarmellose sodium, stearic acid.

Contents

180 tablets.

Suggested Use

Take 6 tablets daily as a dietary supplement.

This will provide over 83% of the daily requirement for phosphorous and at least 100% UK RDA for the other recommended minerals.



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