

Mineral Essentials



Clinical Applications

- Chelated Minerals for Enhanced Absorption and Bioavailability and to Reduce Gastrointestinal Complaints*
- 1:1 Calcium-to-Magnesium Ratio for Flexibility to Fit Personalized Protocols Based on Need*
- Supports Overall Mineral Status in the Body
- Promotes Normal Enzyme Function
- Iron-free to Support Individual Requirements*

Mineral Essentials is a comprehensive mineral/trace element formula. Mineral Essentials contains patented mineral amino acid chelates in highly absorbable mineral forms. Mineral Essentials is iron-free, making it an appropriate choice for those concerned about getting too much iron but who want to supplement with a full spectrum of other minerals and trace elements.

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Mineral Essentials Complex is an iron-free formula containing mineral forms ideal for optimal absorption and utilization. This product acts as a daily maintenance supplement to help support proper mineral status.*It can also be used as a targeted mineral replenishment in cases of known deficiencies or after medical treatments that may deplete mineral status.*

Minerals act as enzyme cofactors in biochemical reactions and physiological processes throughout the body. There are virtually no systems of the body that function optimally without an adequate supply of essential minerals. Mineral insufficiency or depletion may result from a poor diet, certain medications (such as diuretics), heavy metal chelation therapy, and malabsorption issues.

Mineral Essentials provides essential minerals and trace minerals to support the mineral status and overall health of the body. * The minerals are provided in their chelated form to enhance bioavailability and absorption. Chelation is the process in which an inorganic compound, such as minerals in their natural state, binds with organic compounds. Minerals must be chelated to be absorbed and used by the body.

Minerals play a variety of essential roles throughout the body. Some of the primary roles of each mineral include:

- Calcium is a principal mineral constituent of bones and is thus essential for strong bones.
- Magnesium is involved in energy metabolism and is notably important in the heart, skeletal muscles, and nervous system.
- Iodine is necessary for the synthesis of thyroxin, the thyroid hormone that regulates the body's metabolic rate.
- Zinc is important for growth, immune system function, protein synthesis, antioxidant mechanisms, and wound healing.
- Selenium is an essential cofactor of glutathione peroxidase, a potent antioxidant.
- Copper regulates iron metabolism and activates superoxide dismutase, a powerful endogenous antioxidant.
- Manganese is essential for antioxidant systems in the body, bone growth, fat metabolism, protein, nucleic acid, and cartilage synthesis.
- Chromium is required for normal blood sugar and lipid metabolism; it is an integral component of the glucose tolerance factor (GTF).
- Molybdenum is involved in copper and iron transport, nucleic acid synthesis, and sulfur metabolism.
- Potassium is involved in normal muscle tone, nerve function, and many enzymes.
- Vanadium is active in lipid and glucose metabolism.
- Boron is involved in steroid hormone metabolism, cell membrane stability, and bone health.

*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.

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Mineral Essentials



Supplement Facts

Serving Size 3 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calcium (as DimaCal® Di-Calcium Malate)	200 mg	15%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Di-Magnesium Malate)	200 mg	48%
Zinc (as Zinc Bisglycinate Chelate)	20 mg	182%
Selenium (as Selenium Glycinate Complex)	150 mcg	273%
Copper (TRAACS® Copper Bisglycinate Chelate)	2 mg	222%
Manganese (TRAACS® Manganese Bisglycinate Chelate)	2 mg	87%
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg	571%
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	150 mcg	333%
Potassium (as Potassium Glycinate Complex)	150 mg	3%
Boron (as Bororganic Glycine)	2 mg	*
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg	*

*Daily Value not established.

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Other Ingredients: Cellulose (capsule), vegetable stearate, microcrystalline cellulose.

Directions

Take 3 capsules per day with food or as recommended by your health care professional.

Caution

If you are pregnant or nursing, consult your physician before taking this product.

Does Not Contain

Wheat, gluten, soy, corn, dairy products, fish, shellfish, peanuts, tree nuts, eggs, artificial colors, artificial sweeteners, or preservatives.



References

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