



# Ion Health

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**FAQ: What's the Difference between Colloidal and Ionic Minerals**  
One of the most common questions we at MRI receive is "What form are your minerals? Colloidal or Ionic?" Colloidal minerals are tiny forms of minerals—colloidal metal hydroxides—suspended in a liquid. Colloidal minerals are sourced from humic shale or clay deposits. Many claim that their colloidal minerals offer maximum bioavailability, i.e., better absorption, because colloidal minerals don't have to undergo dissolution to be absorbed. An ion, though, is a particle (either an atom or a group of atoms) that carries an electrical charge; positively charged ions are called cations (e.g., calcium, magnesium, potassium, sodium, and hydrogen); negatively charged ions are referred to as anions (e.g., bicarbonate, chloride, phosphate). Every body process is dependant on ions, and, in fact, body fluids are largely ionic solutions. In a new article for MRI, Matthew Anderson, director of International Sales, explains the difference between ionic and colloidal minerals and why you want to ensure that your mineral supplement is in ionic form. To read this article, log in to MRI's Back Office section, <http://www.mineralresourcesint.com/docs/login.php> or ask your sales representative for a copy.

## Magnesium Important for Men's Hearts

Increased intakes of magnesium (Mg), an essential mineral, may reduce the risk of coronary heart disease (CHD) in men, according to a review published in the *Journal of the American Academy of Nurse Practitioners*. "There was a modest relationship between dietary magnesium intake and a reduced risk of CHD in male subjects; however there was no noted decrease of CHD in women who had a high magnesium intake," noted the study's authors, Tavia Mathers and Renea Beckstrand. Both, however, recommend maintaining high normal serum Mg as it can be beneficial after diagnosis of CHD to prevent further complications. And for women? It's important to highlight the fact that the study examined a fraction—just six randomized controlled trials. Many studies have shown that Mg deficiency induces vascular damage to the heart and kidneys while Mg infusions induce dilation of the blood vessels, inhibit platelet aggregation, and exert an anti-arrhythmic effect. Epidemiologic studies link low dietary intakes of Mg to increased incidence of CHD. Besides, both authors note, in women, Mg reduces the risk of stroke and pre-eclampsia and improves skeletal growth and development. *Source: Daniells, S. Magnesium Benefits Male Hearts, but Not Women, <http://www.nutraingredients.com/content/view/print/169795>*

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## MRI's Holiday Hours

We thank you for the opportunity to serve you in 2009. We look forward to working with our partners, friends, and customers in 2010 in our joint mission of improving global well being through mineral nutrition. On Thursday, Dec. 24<sup>th</sup>, MRI's offices will close at 1 p.m. MST and will remain closed until Monday, January 4, 2010. If you would like to check the status of a pending order or if you have another question or concern, please contact your sales representative before December 24<sup>th</sup> at +1 801.731.7040. Happy Holidays!

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