



Ion Health

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elele Athlete Sarah Kaufmann Takes 2nd in 24-Hour Nationals Bike Race

Sarah Kaufman, an athlete and sales representative sponsored by **elele Electrolyte Add-In™**, claimed second place in the Solo Female category of the endurance mountain bike race, 24 Hours of Moab, held October 10th and 11th in Moab, Utah. This year's 15th annual 24 Hours of Moab was the 24 Hours National Championship making Sarah the 2nd ranked in the U.S. Sarah completed all thirteen laps with a final time of 11:12:31 and credits **elele Electrolyte Add-In™** with her strong finish. "I mixed **elele** in all my water; it went in with my drink mixes, coffee, cooking water—everything. I never suffered the queasiness that I usually experience during 24s. It also helped keep me from getting scattered and loopy late in the race. I am able to concentrate and focus on the business of racing my bike and pedaling out the next lap!" To read the full release, visit: http://new.elelewater.com/uploads/elpdf/SKaufmann_24hr.pdf

Minerals, Micronutrients, and Immune Function

Paramount on everyone's mind right now is protecting ourselves (and our families) from the vicious cold and flu viruses that are circulating during the fall and winter months when people spend more time indoors and are at higher risk for prolonged exposure to viruses and nasty germs. In addition to following the standard precautions—washing hands frequently, coughing or sneezing into one's arm (rather than into one's hands), etc.—nutrition, more specifically, minerals and trace elements can play an important role in immune function and health. However, dietary intake studies (not just in the U.S., but worldwide) show that the majority of individuals don't meet the recommended dietary intakes for magnesium and select trace elements. In a new article that MRI has written, which is available in the "Back Office" section, <http://www.mineralresourcesint.com/docs/login.php>, one can learn more about how the immune system functions and the role that minerals and micronutrients can play in immune function. This paper is also available upon request from your MRI sales representative.

MRI's Thanksgiving Message and Holiday Hours

Thanksgiving is the time when one acknowledges and gives thanks for the blessings that one has. At MRI, we would like to take this opportunity to deeply thank all of our customers. We are grateful for the opportunity to work with such caring, dedicated, and talented individuals. You have been an invaluable contributor to MRI's mission of improving global well being through mineral nutrition. We thank you for standing by MRI and for contributing to our joint success. Due to the Thanksgiving holiday, MRI's offices will be closed on November 26th and 27th. If you have a pending order and would like to check the status of your order, we encourage you to please contact your sales representative before November 26th at +1 801.731.7040. Thank you again from all of us at MRI!

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