



# Ion Health

A monthly e-newsletter from Mineral Resources International, Inc.

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## elete Electrolyte Add-In Announces Product Donation to U.S. Military

Mineral Resources International, Inc. (MRI), manufacturer of **elete Electrolyte Add-In™**, a pure electrolyte concentrate that can be used to add electrolytes to any food or beverage, has announced it will provide approximately \$100,000 retail value in **elete** electrolyte products for one percent of the U.S. deployed troops. Each military unit that receives **elete** will be given enough product for an approximate two-week trial. "Soldiers have been avid users of **elete**. Many stationed in Iraq and Afghanistan have told us that **elete** has literally been a lifesaver," said Val Anderson, Executive Vice-President and Director of Sales and Marketing. "This product donation will go directly to the medics and one percent of the deployed military troops and will provide them with essential electrolytes they absolutely need to combat the scorching heat and stressful, arduous conditions they contend with daily." **elete** has already received valuable feedback including a letter from a chief medical officer who stated in treating soldiers suffering from heat fatigue with **elete Electrolyte Add-In**, "I used your **elete** electrolyte product on my soldiers. It has been a lifesaver. I've yet to have one heat casualty since handing it out." To read a press release about this program:

[http://new.eletewater.com/uploads/documents/elete\\_Contributes\\_Product\\_Donation\\_to\\_Military2.pdf](http://new.eletewater.com/uploads/documents/elete_Contributes_Product_Donation_to_Military2.pdf)

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## New Cellular Energy Technical Paper Now Available!

Last month, MRI released its latest technical paper on MRI's Cellular Energy formula, which is now available to MRI's customers. This new technical paper explores the issue of energy and how energy is produced and utilized by the cells, and how an optimal intake of essential minerals, micronutrients, and antioxidant vitamins can support proper energy production and utilization. To obtain a copy of the technical paper, please contact your MRI sales representative or e-mail your request to Karie Anderson at: [kariae@mineralresourcesint.com](mailto:kariae@mineralresourcesint.com).

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## Zinc Restriction and Repletion Affects DNA Integrity

Zinc plays an important role in antioxidant defense and the maintenance of cellular DNA integrity. However, until recently, there were no human studies to examine the effect of zinc status on DNA damage. The August issue of *The American Journal of Clinical Nutrition* reports on a study involving nine healthy men with daily zinc intakes of less than 11 mg/day. The men completed three dietary phases. In Phase One, the men were given 11 mg zinc a day for 13 days, followed by Phase Two, a 41-day period of sub-optimal zinc intakes, then followed by Phase Three, a 27-day period where zinc was given at higher dosages (20 mg for first 7 days; 11 mg/d for 4 weeks). Researchers reported zinc depletion was associated with increased DNA strand breaks that were ameliorated by zinc repletion. *Source: Am J Clin Nutr 90: 321-28, 2009.*

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