



Ion Health

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Mineral Resources International, Inc.

1990 West 3300
South, Ogden, UT
84401

tel: 801.731.7040
fax: 801.731.7985

www.mineralresourcesint.com

Mineral Resources International, Inc. Receives NSF International GMP Certification

MRI Mineral Resources International, Inc. (MRI) announced January 28 that it has received Good Manufacturing Practices or GMP certification from NSF International. "I am so pleased that we have reached such an important goal," said Kris McDonald, MRI's Quality Assurance Director and Laboratory Manager. "GMP certification with a company as prestigious as NSF International is a great honor and accomplishment." Bruce Anderson, President/CEO of MRI added, "Above and beyond the new NSF GMP certification, our minerals pass the U.S. Food Chemicals Codex's heavy metals safety test, and MRI is the only manufacturer harvesting minerals from Utah's Great Salt Lake to achieve GRAS (Generally Recognized as Safe) status." To read press release, go to: http://www.mineralresourcesint.com/RELEASES/MRI_Achieves_GMP_Certification1.pdf

elete Electrolyte Add-In Awarded PGA Tour Partners Club Member Tested Seal of Approval

elete Electrolyte Add-In™, the original, pure electrolyte concentrate manufactured by MRI, has received another important and impressive certification—from PGA Tour Partners magazine, which bestowed its Member Tested Seal of Approval on **elete**. The February/March issue of PGA Tour Partners features a picture and brief review of **elete**. According to PGA Tour Partners, the best feature of **elete** was its effectiveness. To read the press release on the **elete** web site, visit: http://www.eletewater.com/elpdf/elete_Awarded_PGA_Tour_Partners_Club_Member_Testing_Seal_of_1.pdf

Imbalanced Sodium-Potassium Intake Linked with Heart Disease
According to a new study published in the Jan. 12 issue of *The Archives of Internal Medicine*, consuming too much sodium and too little potassium from one's diet can increase a person's risk of cardiovascular disease (CVD). The study, composed of 2,974 patients with pre-hypertension, found that for people with *high* normal blood pressure levels (120-139/80 to 89mmHg), for each unit increase in the person's sodium:potassium ratio, there was a corresponding increase in cardiovascular disease by 24 percent. To reduce one's risk of heart disease, the study's authors recommend cutting salt consumption and simultaneously increasing potassium intake. In commenting on this study, MRI would also point out that magnesium, an essential mineral, also plays an important role in blood pressure by helping regulate the cell pump. Even if one is consuming low sodium and simultaneously increasing potassium, magnesium is required for keeping the other ions that are important for blood pressure in balance. *Source: Arch Int Med, 2009; 169(1): 32-40.*

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The statements and product recommendations in this newsletter have not been evaluated by the U.S. Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent disease.