



Ion Health

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

June 2009

Volume 8, Number 5

In This Issue:

- MRI Announces NorthShore's 2008 Mineral Harvest
- New Technical Paper on Cleanse I and II Formulas Now Available!
- Multivitamin Use Linked with Telomere Length, Marker of Biological Aging

MRI Releases NorthShore's 2008 Mineral Harvest Report

The Hartley Anderson family, originators of mineral and trace mineral supplements from Utah's Great Salt Lake, is celebrating its 40-year anniversary in its mission to improve global well being through mineral nutrition. It is fitting that the harvest, which was completed earlier this year, is providing the largest quantity ever of the family's most concentrated and premium all-natural, low-sodium, full-spectrum mineral concentrates, branded as Anderson's Concentrated Mineral Drops™ (Anderson's CMD™). "The 2008-2009 harvest was superb. It was the best in the history of my family's companies," said Val John Anderson, Executive Vice-President of MRI. "The Anderson family has made reinvestments into our harvesting operation a high priority because the quality and quantity of minerals produced are critical to our mission. As sales go up due to the quality of our products, we need more product to meet consumer needs. This requires years of advanced planning and work because it takes two full years on average to produce our premium and most desired mineral concentrate." To read a news release containing the details of the harvest, go to: www.mineralresourcesint.com/releases.htm

New Cleanse I and II Technical Paper Available!

MRI is pleased to announce the completion of a new technical paper on its Cleanse I and II formulas. This technical paper examines gastrointestinal health, provides an in-depth review of the research behind ingredients in MRI's Cleanse I and Cleanse II and highlights the features and benefits of these two unique formulas and how they support GI health and facilitate cleansing. To obtain a copy of this technical paper in advance, please e-mail your request to: kariaea@mineralresourcesint.com.

Multivitamin Use Linked with Younger Biological Age

According to the findings of a recent study from the National Institute for Environmental Health Sciences, multivitamin use may be associated with a longer telomere length, a marker for biological aging, versus non-multivitamin users. Telomeres are DNA sequences found at the end of chromosomes that naturally shorten as cells replicate. Telomeres ensure that that a cell's chromosomes do not fuse with each other or rearrange. With each replication, telomeres shorten until when telomeres are expended, the cell is destroyed. Previous studies have established that telomeres are highly susceptible to oxidative stress. In this study, researchers examined whether multivitamin use was associated with longer telomeres in women. They hypothesized that multivitamin supplements, which are a major source of micronutrients, may affect telomere length by modulating oxidative stress and chronic inflammation. According to the study's results, published in the new issue of the *American Journal of Clinical Nutrition*, the telomeres of daily multivitamin users was—on average—5.1 percent longer than in non-users. *Source: Xu Q., Parks C.G., DeRoo L.A., Cawthon R.M., Sandler D.P., Chen, H. Multivitamin use and telomere length in women. AJCN, Vol. 89(6), pp: 1857-63, 2009.*

Mineral Resources International, Inc.

1990 West 3300
South, Ogden, UT
84401

tel: 801.731.7040
fax: 801.731.7985

www.mineralresourcesint.com

© 2009 MRI, Inc. All Rights Reserved.

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.