



Ion Health

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MRI Co-Founder, Gaye Laub Anderson, Honored with Spirit of the American Woman Award

Gaye Laub Anderson, co-founder of Mineral Resources International, Inc. (MRI) has been selected to receive the 2009 26th Annual Mattie Wattis Harris Spirit of the American Woman Awards in the category of Women-Owned Business. A public awards ceremony will be held May 16, 2009 at Weber State University to recognize and honor Gaye and twenty-four additional honorees. "Forty years ago, Hartley, my husband and sweetheart, and I embarked on a new and unexpected adventure selling Great-Salt-Lake-based mineral supplements," stated Gaye. "At that time, nutrition was such a new concept that enriched bread—like Wonder Bread—was considered health food. When people learned that we were selling mineral supplements from Utah's Great Salt Lake, we were greeted with skepticism and, at times, ridicule. Now, over 40 years later, it's validating to see the progression of nutrition and health movement and the transformation of our 'mom-and-pop' business into an international company." To read the press release, go to: <http://www.mineralresourcesint.com/releases.htm>

New Interview Available from MRI

A new audio file of a recent interview with Val Anderson, MRI's Director of Sales and Marketing, and Jeff Burke, host of "Stay Healthy" on Las Vegas' KLAV 1230 is available for customers of MRI. In Val's latest interview, he discusses MRI and several of its products including **Anderson's Concentrated Mineral Drops™**, **OmniMin™**, **elite Electrolyte Add-In™** and **FortiSalt™**. A link to the interview will be posted shortly to MRI's web site at <http://www.mineralresourcesint.com/docs/login.php> Users can log in, download the mp3 file, and listen to the interview or contact your MRI sales representative to obtain your copy.

Low Magnesium Linked with Increased Stroke Risk

A new study published in the *American Journal of Epidemiology* reports that low serum magnesium levels may be associated with an increased risk of ischemic stroke via magnesium's effect on hypertension and diabetes. Between 1987 and 1989, 14,221 men and women ages 45 to 64 took part in the Atherosclerosis Risk in Communities Study cohort. The incidence of stroke was obtained from hospital records. Higher serum magnesium levels were inversely associated with ischemic stroke incidence. During the 15-year follow-up, 577 ischemic strokes occurred. After adjustments for age, sex, race, hypertension, and diabetes, researchers concluded that dietary magnesium intake was marginally inversely associated with the incidence of ischemic stroke. (Source: *Serum and dietary magnesium and risk of ischemic stroke. Am. J. Epidemiol. 2009, doi: 10.1093/aje/kwp071*)

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