



Mineral Resources International, Inc.

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Common Facts About Minerals and Trace Minerals

Minerals and trace minerals play a vital role in restoring and maintaining optimal health. Each day our bodies rely on minerals and trace minerals to maintain our heartbeat, send and receive signals to and from our nervous system, aid in the utilization of other important minerals, and assist in numerous enzyme reactions in the body.

Below is a brief summary of commonly recognized minerals and their biological function:

Mineral	U.S. RDA*	Biological Function**
Boron	†	May help in building and maintaining strong bones. Affects the metabolism of calcium and magnesium. May enhance memory and cognitive function.
Calcium	1,000 mg	Essential for developing and maintaining healthy teeth and bones. Assists in blood clotting, muscle contraction and nerve transmission. Helps reduce the risk of osteoporosis.
Chloride	3,400 mg	Component of stomach acid (hydrochloric acid); helps maintain acid-base balance; helps maintain water balance.
Chromium	120 mcg	Aids in glucose metabolism and regulates blood sugar
Copper	2 mg	Needed for normal red-blood cell and connective tissue formation. Acts as a catalyst to store and release iron to help form hemoglobin. Contributes to central nervous system function.

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Mineral	U.S. RDA*	Biological Function**
Iodine	150 mcg	Needed by the thyroid hormone to support metabolism.
Iron	18 mg	Vital for transporting oxygen in bloodstream and for prevention of anemia; necessary for formation and function of red blood cells. Important for brain function as well.
Magnesium	400 mg	Activates over 100 enzymes and helps nerves and muscles to function. Essential for proper heartbeat and is a constituent of bones and teeth.
Manganese	2.0 mg	Involved in protein, fat and carbohydrate metabolism. It is also required for bone growth and development and reproduction.
Molybdenum	75 mcg	Contributes to normal growth and development; As a coenzyme, involved in fat, nucleic acid and sulfur metabolism.
Phosphorus	1,000 mg	Works with calcium to develop and maintain strong bones and teeth. It also enhances the use of other nutrients.
Potassium	†	Regulates heartbeat, maintains fluid balance and helps muscles contract.
Selenium	70 mcg	Essential component of a key

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Mineral	U.S. RDA*	Biological Function**
		antioxidant enzyme, necessary for normal growth and development.
Silicon	†	Aids in the formation of bone, cartilage and other tissue.
Zinc	15 mg	Essential part of more than 200 enzymes involved in digestion, metabolism, reproduction and wound healing.

*According to the United States Recommended Daily Allowance established by the U.S. Food and Drug Administration.

** These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† No U.S. Recommended Daily Allowance has been established