



Mineral Resources International, Inc.

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Drop by Drop, Good Health is Had by All **Anderson's Concentrated Mineral Drops (CMD) Dosing Instructions**

By Marysa Anderson-Cardwell

Dosage by drops is not an exact measurement. Drop sizes are influenced by a number of variables such as how hard you squeeze the bottle, barometric pressure, altitude, and climate. One drop of CMD has roughly 7.33 mg of magnesium, an essential mineral, in it. Based on this information, the following charts have been created using the Recommended Daily Allowances (RDA) for magnesium.

MRI's dosing recommendations are intended to supply around *half* of the RDA of magnesium. Most people are not 100% deficient in magnesium. We believe, however, that deficiency is common and may cause significant problems in the range of 30 to 50 percent deficiency that accumulates over time. For this reason, MRI's dosing recommendations with CMD is to supplement 50 percent of the RDA on a daily basis with a form of magnesium and method that is easy for the body to utilize and retain.

It should be noted that people who are under extreme stress and/or who have significant physical demands placed upon them can have needs for magnesium above the RDA to maintain adequate magnesium balance. The RDA has been formulated for the general population as a whole and does not account for greater needs.

Another dosing recommendation of one drop for every two kilograms (or 4.41 pounds) is another good, but conservative, measure for CMD. The need for magnesium varies depending on both age and weight. For example, if you weigh 90 kilograms (198 lbs), you would need to take 45 drops of CMD over the course of a day to achieve 50 percent of the RDA.

MRI and the Anderson family believe that the human body is accustomed to absorbing nutrients in smaller doses spread throughout the day. We recommend that users follow Lifestyle Dosing™, which simply means spreading one's intake of CMD throughout the day in foods and beverages rather than taking a large dose all at once, which is likely to result in a laxative effect.

Side Effects of Magnesium

The most common side effects of consuming large amounts of magnesium include an upset stomach and/or loose stools. If you are nervous about supplementing with magnesium or if you haven't taken magnesium before, start with a smaller dose and then slowly increase the dosage in order for the body to adapt to the increased magnesium.

Contraindications

Individuals with heart and kidney disease should not take magnesium supplements except under their doctor's supervision.

Your body will always be your best guide. Please pay attention to your what your body is telling you.



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For 50% RDA

Age	Male	Female
0-0.5	2 drops per day	2 drops per day
0.5-1	5 drops per day	5 drops per day
1-3	5-6 drops per day	5-6 drops per day
4-8	8-9 drops per day	8-9 drops per day
9-13	16-17 drops per day	16-17 drops per day
14-18	27-28 drops per day	24-25 drops per day
19-30	27-28 drops per day	21-22 drops per day
31-50	28-29 drops per day	21-22 drops per day
51-70	28-29 drops per day	21-22 drops per day
>70	28-29 drops per day	21-22 drops per day

Pregnancy

<= 18	27-28 drops per day
19-30	23-24 drops per day
31-50	24-25 drops per day

Lactating

<= 18	24-25 drops per day
19-30	21-22 drops per day
31-50	21-22 drops per day

For 100% RDA

Age	Male	Female
0-0.5	4-5 drops per day	4-5 drops per day
0.5-1	10-11 drops per day	10-11 drops per day
1-3	11-2 drops per day	11-12 drops per day
4-8	18-19 drops per day	18-19 drops per day
9-13	34-35 drops per day	34-35 drops per day
14-18	58-59 drops per day	51-52 drops per day
19-30	57-58 drops per day	44-45 drops per day
31-50	60 drops per day	45-46 drops per day
51-70	60 drops per day	45-46 drops per day
>70	60 drops per day	45-46 drops per day

Pregnancy

<= 18	57-58 drops per day
19-30	50 drops per day
31-50	51-52 drops per day

Lactating

<= 18	51-52 drops per day
19-30	44-45 drops per day
31-50	45-46 drops per day



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If you have any further questions about the dosing recommendations, Anderson's CMD or any of MRI's products, please feel free to contact us.

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