



▼ **INGREDIENTS**

Supplement Facts		
Serving Size: 2 capsules		
Amount Per Serving		% Daily Value
Magnesium (Malate, Oxide, Ascorbate)	315 mg	79%
Calcium (Malate)	50 mg	5%
Vitamin C (Magnesium Ascorbate)	50 mg	83%
Iron (Chelate)	15 mg	83%
Zinc (Chelate)	10 mg	67%
Potassium (Bitartrate)	4 mg	<1%
Manganese (Chelate)	2 mg	100%
Copper (Chelate)	1 mg	50%
Vanadium (Chelate)	100 mcg	
Chromium (4-hydroxysilyloleic acid)	100 mcg	83%
Selenium (L-Selenomethionine)	55 mcg	79%
Molybdenum (Chelate)	45 mcg	60%
Proprietary Blend	180 mg	
GSL Trace Minerals: Botaine HCl, Irish Moss (Herb), Jersey Tea (Root), Kelp (Herb), Shavegrass (Herb), Stevia (Leaves), L-Methionine, Germanium Oxide		
* Daily Value is not established.		
Other Ingredients: Cellulose and Lecithin		

▼ **DOSAGE**

- 1-2 capsules up to twice a day, or as directed.

▼ **PACKAGING**

- Capsules: 60 capsules/eco-bottle.

▼ **PERSPECTIVE**

Minerals are essential nutrients that the body uses for daily life processes such as digestion, energy production, brain performance, bone strength, nerve transmissions, hormones, immune health, and heart function. Every cell needs minerals and trace minerals to perform their life processes. Modern agriculture often depletes the soil of minerals and thus the plants that the body depends on for daily mineral intake become depleted and supplementation can help meet this nutritional deficit.

▼ **LIFESTYLE**



#140 MIN (Multi Mineral Plus)

This is a broad-spectrum mineral formula with a specific focus on magnesium and other electrolytes that the body uses to maintain normal neurological and cellular functions. It is a great source of trace minerals extracted and purified from inland sea water. This unique herb-based mineral formula reintroduces minerals into a plant matrix with improved absorption in mind. This nutrient formula uses a base of desalinated inland sea water for providing a useable source of trace minerals and contains both macro and micro minerals necessary for good health.

▼ **INDICATIONS**

- Daily mineral supplementation
- Trace mineral enhancement

▼ **KEY COMPONENTS**

- **Magnesium** – Fourth most abundant mineral in the body. Supports bone and teeth health, nerve and muscle function, activation of enzyme systems, transmission of nerve impulses, body temperature regulation, detoxification, energy production, calcium absorption, protein synthesis, parathyroid function, bowel motility, and boosts bioavailability of vitamin B₆.
- **Calcium** – Promotes cell membrane activation to receive and transmit electrical impulses; aids in maintaining bone and teeth; protects heart muscles. Helps cardiac muscles to contract and relax properly. Supports the nervous system, helps maintain normal blood pressure, ensures a healthy alkaline pH level.
- **Vitamin C** – Required for many chemical reactions in the body, from carnitine and sperm production to immune function in dealing with colds. Impacts several aspects of cardiac health—blood pressure, vessel endothelial health, antioxidant recycling, maintains lipid profiles and coagulation factors that serve the body's innate vascular integrity. Helps protect DNA from wear and tear.
- **Iron** – Required for the formation of many enzymes in the body. Is an important component of muscle cells and of hemoglobin, which enables red blood cells to carry oxygen and deliver it to the body's tissues, helps metabolize proteins and plays a role in the production of hemoglobin and red blood cells. A necessary nutrient for brain functions including concentration and sleep, helps regulate body temperature and carries oxygen throughout the body for cellular energy applications.
- **Vanadium** – Helps maintain normal blood sugar levels. Required for strong bones.
- **Manganese** – Required for bone formation and enzyme activation. A co-factor for an enzyme called prolydase, that makes collagen; and enzymes for gluconeogenesis. A co-factor for manganese superoxide dismutase (MnSOD), a potent antioxidant that protects skin against UV damage.
- **Potassium** – Works inside of the cells. Required for optimal heart, muscle (skeletal and smooth) muscle contractions, kidney health, digestive function, nerve processes. Supports mineral density in bones, further strengthening and prolonging bone structure. Helps maintain electrical conductivity for the brain.
- **Copper** – Is a component of many enzymes that are necessary for energy production, antioxidant action, and for formation of red blood cells, bone, and connective tissue. Necessary for efficient utilization of iron, proper enzymatic reactions, as well as improved health of connective tissues, hair, and eyes, integral for preventing premature aging and increasing energy production, regulated heart rhythm, thyroid glands, wound healing, red blood cell formation, cholesterol.

- **Molybdenum** – Required for nitrogen metabolic processes, activation of enzymes, and normal cell function. Helps break down sulfites.
- **Selenium** – Required for thyroid gland healthy function. Necessary for normal immune activity regarding microbiome and virome. Supports healthy HDL cholesterol balance.
- **Irish Moss** – The sea algae, *Chondrus crispus*. Antioxidants and trace minerals with innate Vitamins A, E, D, F & K, as well as calcium, sulfur, iodine and potassium. Provides nutrients that support normal immune function.
- **Jersey Tea** – The herb, *Ceanothus americanus*. Known to provide trace minerals and support normal healthy lymphatic processes, astringent, supports normal muscle performance, aids in overall lymphatic activities.
- **Kelp** – A seaweed long used to enhance dietary intake of iodine and trace minerals that support healthy glandular functions.

▼ **CONTRAINDICATIONS**

None.

▼ **CLINICIAN CONSENSUS**

- Daily Mineral/Trace Mineral Support:
#140 MIN - Multi Mineral
#870/871 Spectra One - Whole Food, Cell, Multi Vitamin/Mineral

▼ **BACKGROUND**

Doc Wheelwright cataloged minerals and their impact on enzyme systems and various metabolic pathways. At that time, he identified 44 body systems that required readily available trace minerals often lacking in the modern diet. He employed inland sea water (sodium removed) as having "Nature's balance" of minerals that match up with the blood's mineral assay. He added a botanical combination component (shave grass, jersey tea, kelp, stevia) to balance the formula's ingredients and to ensure nutrients for all the body's key organ systems, e.g. heart, brain, nerves, glands and liver.

▼ **SYNERGISTIC CONSIDERATIONS**

- #870/871 Spectra One - Whole Food, Cell, Multi-Vitamin/Mineral
- #111 AZV - Multi Vitamin/Mineral
- #45 Hcv - Heart/Cardiovascular
- #44 H - Heart
- #120 CAL - Calcium Plus
- #150 PRO - Nutro Pro
- #155 PTM - Potassium Stabilizer
- #187/188 TMI - Thyroid Metabolic Iodine
- #195 ZNC - Zinc Chelate
- #133 JOT - Joint, Disks, Cartilage

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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