NutriDyn®

Essential Minerals

Highly Bioavailable Mineral Formula♦

NutriDyn Essential Minerals is a comprehensive micronutrient formula made with highly bioavailable forms of key minerals. Minerals, such as magnesium and calcium, are required by the body to allow for optimal health and longevity.♦ Deficiency in certain minerals (particularly magnesium) is a growing health concern, with data suggesting less than 50% of the U.S. population consume adequate magnesium.[1]

We realize most people have a tough time meeting their daily mineral needs solely through food sources. Essential Minerals is an efficacious, easy-to-use supplement to help you get the necessary minerals each day.♦ Supplementation with bioavailable minerals may help support proper mineral status and promote healthy levels of micronutrients required in the body.♦

How Essential Minerals Works

Minerals are compounds that allow physiological reactions to occur in the body. They often work in conjunction with other essential molecules to help support healthy body function.♦ For example, with the help of magnesium, vitamin D3 is converted by the liver and kidneys to its bioactive form calcitriol (1,25-dihydroxyvitamin D3).[4] Without sufficient magnesium, your body won't optimally utilize vitamin D3.♦

Furthermore, minerals help support growth and repair of body structures, such as bones, teeth, and muscles.♦ They also support a multitude of metabolic reactions, particularly by acting as small particles that carry electrical charges, called ions and electrolytes.[5]

Essential Minerals Supplementation

The benefits of Essential Minerals supplementation may include:

- Supports cognitive function and mood♦
- Supports healthy skin and bone tissue♦
- Supports energy production and vitality♦
- Supports healthy immune function♦
- Supports healthy gastrointestinal and endocrine function♦
- Helps you meet daily mineral needs♦
- Iron-free

Form: 120 Capsules

Serving Size: 4 Capsules

Ingredients	Amount	%DV
Calcium (as microcrystalline hydroxyapatite)	200 mg	15%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium aspartate, di-magnesium malate, and citrate)	400 mg	95%
Zinc (as zinc picolinate)	20 mg	182%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper citrate)	1 mg	111%
Manganese (as manganese citrate)	5 mg	217%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum glycinate chelate)	150 mcg	333%
Potassium (as potassium aspartate and potassium iodide)	99 mg	2%
Betaine HCl	100 mg	**
Boron (as boron L-aspartate)	2 mg	**
Vanadium (as vanadyl sulfate)	100 mcg	**

Other Ingredients:
Hydroxypropyl methylcellulose, vegetable magnesium stearate.

Directions:
Take four capsules daily as a dietary supplement, or as directed by your healthcare practitioner.

***Caution:** If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*

GLUTEN-FREE DAIRY-FREE NON-GMO PRODUCED IN A cGMP FACILITY

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

References

For more information, visit: ***www.nutridyn.com***

References:

1. Rosanoff, A., Weaver, C. M., & Rude, R. K. (2012). Suboptimal magnesium status in the United States: are the health consequences underestimated?. *Nutrition reviews, 70*(3), 153-164.
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3. Ames, B. N. (2001). DNA damage from micronutrient deficiencies is likely to be a major cause of cancer. *Mutation Research/Fundamental and Molecular Mechanisms of Mutagenesis, 475*(1), 7-20.
4. Sahota, O., Mundey, M. K., San, P., Godber, I. M., & Hosking, D. J. (2006). Vitamin D insufficiency and the blunted PTH response in established osteoporosis: the role of magnesium deficiency. *Osteoporosis international, 17*(7), 1013-1021.
5. Maathuis, F. J. (2009). Physiological functions of mineral macronutrients. *Current opinion in plant biology, 12*(3), 250-258.