



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.

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

Research continues to show that deficiencies in certain minerals is a major risk factor for serious disease states and other health complications. Among such health complications, lacking proper mineral intake can damage DNA, hinder growth/maturation, impede cognitive function, immunity, and essential vitamin absorption.

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). 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.

Essential Minerals Supplementation

Clinical research suggests 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 citrate, aspartate, and bisglycinate chelate)	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:

Microcrystalline cellulose, hypromellose (vegetable capsule), and magnesium stearate.

Directions:

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

Caution: If you are 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.

For more information, visit: www.nutridyn.com