



BENEFITS OF MINERALS AND SOURCES OF MINERALS

NUTRIENT	BENEFIT	SOURCES	ADVANTAGE	
			WATER SOLUBILITY	BIOAVAILABILITY
CALCIUM	It is the most abundant mineral in the body (2%) Enzyme cofactor It is involved in some hormonal responses and blood clotting Muscle contraction Strengthening the bones Its deficit results in one of the main causes of the development of osteoporosis.	Calcium bisglycinate	X	+++++
		Calcium lactate	X	++++
		Calcium gluconate	X	++++
		Calcium citrate	X	+++
		Calcium phosphate		+
		Calcium carbonate		+
MAGNESIUM	Required as an enzyme cofactor Energy production Synthesis of essential molecules Participates in the regulation of ion channels and neuromuscular transmission.	Magnesium bisglycinate	X	+++++
		Magnesium lactate	X	++++
		Magnesium gluconate	X	++++
		Magnesium citrate	X	+++
		Magnesium phosphate		+
		Magnesium sulphate		+
SODIUM	Water and electrolyte balance Rehydration Nutrient absorption Hydration Muscle function.	Sodium citrate	X	
		Sodium lactate	X	+++
		Sodium chloride	X	+
		Sodium phosphate		+
CHLORINE	Water and electrolyte balance. Stomach acid and digestion.	Sodium chloride	X	+
		Potassium chloride	X	+
POTASSIUM	Water and electrolyte balance Signal transduction and muscle contraction. Blood pressure Rehydration.	Potassium glycinate	X	++++
		Potassium citrate	X	+++
		Potassium Phosphate		+
		Potassium chloride	X	+
PHOSPHORUS	Second most abundant mineral in the body (1%) Essential for ATP synthesis Acts as a buffer system Structural component of DNA and RNA, phospholipids, nucleotides, creatine phosphate Bones component.	Calcium phosphate	X	+
		Magnesium phosphate	X	+
		Sodium phosphate		+
		Potassium phosphate	X	+
MOLYBDENUM	For the metabolism of amino acids (including uric acid) Antioxidativity.	Sodium molybdate	X	++



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IRON	Formation of red blood cells and hemoglobin.	Iron bisglycinate	X	++++
	Oxygen transport to tissues	Sodium iron edetate	X	++++
	Energy production	Ferrous gluconate	X	+++
	Immune system	Ferrous smoking		+
	Cognitive development and function	Iron sulphate		+
	Blood function	Electrolytic iron		
	Vitamin / mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status			
	Transport of blood, oxygen			
	Neurological development in embryos.			
	Metabolism of foreign substances.			
Normal functioning of the immune system.				
Cellular division.				
ZINC	Immune system	Zinc bisglycinate	X	++++
	DNA synthesis / cell division	Zinc gluconate	X	+++
	Skin and wound healing	Zinc citrate	X	+++
	Protection of body tissues and cells from oxidative damage; Antioxidant activity, Antioxidant properties	Zinc sulfate	X	++
	Bone formation	Zinc oxide		
	Mental performance (where mental performance represents those aspects of brain and nervous functions that determine aspects such as concentration, learning, memory and reasoning, as well as resistance to stress)			
	Normal fertility			
	Reproductive development			
	Required to maintain optimal muscle function			
	Reproduction in males			
Required to maintain an optimized hormonal environment that supports muscle growth.				
An essential cofactor in fatty acid metabolism that influences hormonal health.				
Normal growth.				



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IODINE	Thyroid function and hormone production, energy metabolism. Eye health / visual function Hair, nails, skin.	Potassium iodide	X	+
		Sodium selenite	X	+
		Selenomethionine	X	+++
		Copper gluconate	X	+++
		Copper sulphate	X	+
SELENIUM	Protection of body tissues and cells from oxidative damage; Antioxidant activity, Normal antioxidant activity Immune system and normal immune function. Iodine utilization / thyroid hormone production / normal thyroid hormone metabolism Normal cardiovascular function / cardiovascular health Nail and hair formation Thyroid function Antioxidants and aging Prostate health Brain health Antioxidant to prevent oxidative stress, Adequate thyroid function, Maintenance of the cellular redox state "detoxification.	Sodium selenite	X	+
		Selenomethionine	X	+++
COPPER	Protection of body tissues and cells from oxidative damage; Antioxidant activity Immune system Connective tissues Energy production Structure and function of the neurological system Skin and hair pigment Iron transport and metabolism Iron metabolism Hair, nails, connective tissue formation Vitamin / mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status Cholesterol and glucose metabolism.	Copper gluconate	X	+++
		Copper sulphate	X	+



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MANGANESE	Protection of body tissues and cells from oxidative damage; Antioxidant activity Bone formation Energy metabolism Vitamin / mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status Mental state and performance.	Manganese gluconate	X	+++
		Manganese sulphate	X	+
CHROME	Chromium has been shown to enhance the action of insulin and therefore influence the metabolism of carbohydrates, lipids and proteins. To meet a greater need during pregnancy and lactation. Weight control Vitamin / mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status.	Chromium chloride	X	+
		Chrome polynicotinate		+++