

MultiMinerals

90 vegetable capsules / Code FE1475



Multi Minerals is a food supplement based on **11** macro and trace **minerals chelated with hydrolysed vegetable protein**. In the chelation process, the mineral has been bound and surrounded by a hydrolysed vegetable protein molecule (amino acids) that facilitates its absorption through the intestinal walls.



Vegan. Ovo-lactovegetarian. Gluten free. Dairy free.

FORMAT: 90 vegetable capsules

FORMULA

Ingredients: HVP from rice** (calcium chelate), HVP from rice** (phosphorus chelate), HVP from rice** (potassium chelate, 30 mg/caps.), HVP from rice** (magnesium chelate), HVP from rice** (iron chelate), HVP from rice** (zinc chelate), anti-caking agent (magnesium salts of fatty acids), HVP from rice** (magnesium chelate), anti-caking agent (silicon dioxide), L-selenomethionine, HVP from rice** (copper chelate), HVP from rice** (chromium chelate), potassium iodide, vegetable capsule (glazing agent: hydroxypropylmethylcellulose, humectant: purified water).

Nutritional information:	3 capsules	NRV*
Calcium (HVP** chelate)	150 mg	19%
Phosphorus (HVP** chelate)	120 mg	17%
Magnesium (HVP** chelate)	75 mg	20%
Iron (HVP** chelate)	15 mg	107%
Zinc (HVP** chelate)	15 mg	150%
Manganese (HVP** chelate)	12 mg	600%
Copper (HVP** chelate)	3 mg	300%
Iodine (potassium iodide)	225 µg	150%
Selenium (L-Selenomethionine)	195 µg	355%
Chromium (HVP** chelate)	45 µg	113%

*NRV: Nutrient Reference Value in %. / **HVP = Hydrolyzed Vegetable Protein.

Cautions:

Consult a health-care practitioner prior to use if you are pregnant or breast-feeding, or if you have a special medical condition (liver disorder).

Recommended daily dose:

1 capsule three times daily with food. Do not exceed the stated recommended daily dose.

Indication and uses:

- In cases of nutrient deficiencies.
- It provides healthy bones and teeth.
- It stimulates healthy nails, hair and skin.
- It works aiding enzyme and hormone functions.
- It strengthens the immune system and increases resistance to infection.
- It protects cells from free radicals.
- It has a regulating effect on blood pressure and blood sugar levels.
- It stimulates connective tissue protection and collagen regeneration.
- it increases bone mineral accretion.
- It has a beneficial effect in cases of premenstrual syndrome.
- In general, it improves the different body functions. It speeds up the body's healing processes, balances pH, and protects against environmental pollution.
- It is suitable during periods of stress.

DETAILS:

A complex of macro and trace minerals, chelated with hydrolysed vegetable protein (amino acids). This means that the mineral has been bound and surrounded by a protein molecule, which will facilitate its absorption through the intestinal walls, reaching the blood more easily. The protein molecules used for chelation are hydrolysed plant proteins (amino acids). Minerals are essential nutrients for life, enabling the body to function properly. Many function as co-enzymes that make chemical reactions in the body possible. Once absorbed by the body, they become part of the body's structure. They are necessary for body fluids composition and balance maintenance, for the formation of bones and blood and for the maintenance of nerve function and muscle tone. They also have an impact on the production and secretion of hormones.

Macro minerals are needed in larger quantities and are used immediately; trace minerals, on the other hand, are needed in smaller quantities and are normally stored and used by the body little by little.

The intake of minerals always contributes to health by keeping the body in good condition and helping it to fight infections. They can prevent diseases by helping body regeneration and protection.

INGREDIENTS:

CALCIUM: it is a mineral whose main function is to help in the formation and maintenance of healthy bones and teeth. A 99% of the calcium in the body is found in the bones and teeth, while the rest regulates enzyme activity and muscle function, takes care of the transmission of nerve impulses, regulates the heartbeat and is involved in blood clotting. Calcium is noted for its properties in reducing the risk of osteoporosis and lowering high blood pressure ⁽¹⁻³⁾.

PHOSPHORUS: this micronutrient is another of the main components of bone. It is important to keep an optimal calcium-phosphorus ratio in the diet since phosphorus interferes with the body's calcium balance and can negatively impact bone metabolism. It is vital for bone and tooth development and cell growth ⁽⁴⁾.

MAGNESIUM: the body contains 20-28 g of magnesium, of which about 60% is found in the bones as part of the bone matrix, 26% in the muscles and the rest in soft tissues and body fluids. It is essential for the correct metabolism and absorption of calcium. This mineral plays a very important role at the cellular level, as it regulates the flow of calcium into the cells and together with calcium produces ATP or energy needed by the cells to perform all bodily functions. It is also essential in the transmission of nerve impulses, especially at the intracellular level, and is a co-factor in many enzymatic processes necessary for cellular energy utilisation, which explains the need for high magnesium concentrations in cells ⁽⁵⁻⁷⁾. Studies have shown that magnesium intake reduces nervousness, breast tenderness, weight gain, fatigue and headaches during PMS ^(5,8). It has a positive effect on stress states and has a calming action. It improves heart muscle activity and regulates blood lipids ^(6,9).

IRON: iron is an essential trace element of proteins involved in oxygen transport, and is necessary for the regulation of cell growth and cell differentiation. Its deficiency reduces the amount of oxygen released into cells, leading to fatigue, reduced performance and lowered immunity ⁽¹⁰⁻¹²⁾.

ZINC: it is vital for osteoblastic activity, collagen synthesis and the activity of alkaline phosphatase, an enzyme involved in bone mineralisation. Supplementing with magnesium, zinc and copper has been associated with decreased bone loss in menopause ⁽¹³⁻¹⁵⁾. It also helps with the absorption of vitamins A and E ⁽¹⁵⁾.

MANGANESE: it is essential for bone growth, cartilage formation and producing synovial fluid in joints ⁽¹⁶⁾.

COPPER: it improves iron absorption and helps the body form red blood cells. It also helps keep healthy blood vessels, nerves, immune system and bones ⁽¹⁷⁾.

IODINE: it is essential for the development of thyroid hormones, for cellular metabolism and for organ development and function, especially the brain. It stimulates the thyroid gland, increasing the body's metabolic activity ⁽¹⁸⁾.

SELENIUM: it improves immune function by increasing antibody production. Supplementing selenium has proven to have strong immunostimulatory effects including increased T-cell proliferation ⁽¹⁹⁾. Many studies have linked selenium intake to cancer mortality rate ⁽²⁰⁻²¹⁾. It is essential for testicular function and reproduction, improving sperm quality and fertility ⁽²²⁻²³⁾. Supplementing selenium improves mood (anxiety, depression and fatigue) ⁽²⁴⁻²⁵⁾.

CHROMIUM: it has been shown to reduce body fat and increase lean body mass and muscle by improving insulin sensitivity, which leads to obesity. Chromium is a trace element necessary for the appropriate action of insulin in blood sugar control. It also burns fat and lowers cholesterol and triglycerides ⁽²⁶⁾.

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