

Chelated Mineral

Top-rated daily mineral supplement for adults

Essentials

Health Basics

- Provides the essential minerals in highly bioavailable forms at safe and effective dosages
- Supports long-term health and well-being with energy-supporting co-enzymes*
- Supports healthy vision*
- Helps convert carbohydrates, fats, and proteins into energy*
- Supports bone, joint, and dental health*
- Designed to be taken with **Mega Antioxidant** for maximum benefit. Together, **Mega Antioxidant** and **Chelated Mineral** compose the **USANA Essentials™** for adults.

Chelated Mineral Difference

- Formulated without iron

*Minerals and trace elements represent less than one-half of one percent of the total nutrients we consume every day. Yet, without them our bodies would be unable to efficiently use the carbohydrates, proteins, and fats in our diet. Many vitamins and enzymes need a mineral co-factor to function properly. The **Chelated Mineral** supplement is a carefully formulated balance of essential minerals and ultra trace minerals sourced from the highest quality suppliers in forms readily absorbed by the body.**

Zinc

A component of hundreds of enzymes, zinc is involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. Zinc functions as an antioxidant, aids in retaining healthy bone structure development, healthy immune function, and healthy vision, and supports normal fetal growth.^{1,2*}

Selenium

Selenium is an essential component of the glutathione peroxidase antioxidant system, which helps combat the effects of free radicals and plays an important role in thyroid hormone metabolism.³ Selenium has also been shown to help support a healthy immune system.⁴ In addition, many studies have shown that selenium is important for retaining prostate health.^{5*}

Magnesium

Magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 70 percent of the body's magnesium is found.⁶ It is involved in the metabolism of

carbohydrates and amino acids and plays an important role in neuromuscular contractions. It is also an activator of hundreds of enzymes essential to life.*

Chromium

Today's poor diets and unhealthy lifestyles often put stress on the body's blood glucose control mechanisms. Chromium is an important component of the glucose tolerance factor (GTF), which helps retain healthy glucose metabolism, provided it is healthy to begin with.⁷ Healthy insulin and glucose levels are beneficial for weight management and sustained energy levels throughout the day.*

Iodine

Iodine is a crucial component in the production of thyroid hormones, which regulate metabolism, growth, reproduction, and the synthesis of protein. Supplemental iodine is especially important for people on a vegetarian diet, those who avoid seafood, or those who must restrict their salt intake.*

Copper

Copper is a critical component of the enzyme superoxide dismutase (SOD), is an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin.^{8,9} Copper is also essential for collagen synthesis.^{10*}

Manganese

Manganese is an important co-factor in the production of glycosaminoglycans, compounds that make up connective tissues, bones, arteries, and other organs.¹



ITEM# 102

Manganese is an activator of numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity.^{11,12*}

Vanadium

Vanadium helps support healthy serum glucose levels, provided they are healthy to begin with, and may also help retain healthy thyroid function.^{13,14*}

References

1. Saltman PD, Strause LG. J Am Coll Nutr 1993;12:384-89.
2. Simmer K, et al. Eur J Clin Nutr 1991;45:139-44.
3. Holben DH, Smith AM. Diet Assoc 1999;99:836-43.
4. Baum MK. Proc First Inter Bio-Minerals Symposium. April 19-20, 2001.
5. Blumenfeld AJ, et al. Can J Urol 2000;7:927-35.
6. Ilich JZ, Kerstetter JE. J Am Coll Nutr 2000;19:715-37.
7. Mertz W. J Nutr 1993;123(4):626-33.
8. Harris ED. Ann Rev Nutr 2000;20:291-310.
9. Tumlund JR. Modern nutrition in health and disease. Baltimore: Williams & Wilkins; 1999.
10. Rucker RB, et al. Am J Clin Nutr 1998;67(5 Supp):996S-1002S.
11. Fleet JC. Biochemical and physiological aspects of human nutrition. Philadelphia: Saunders; 1998.
12. de Rosa G, et al. J Nutr 1980;110:795-804.
13. Nakai M, et al. Biol Pharm Bull 1995;18:719-25.
14. Yuan M, et al. Chung Hua I Hsueh Tsai Chih 1997;77:208-11.

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

Supplement Facts

Serving Size 2 Tablets

	AMOUNT PER SERVING	%DV*
CALCIUM (AS CALCIUM CITRATE AND CARBONATE)	135 mg	15%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE)	150 mg	40%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND PICOLINATE**)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
BORON (AS BORON CITRATE)	1.5 mg	†
SILICON (AS SILICON AMINO ACID COMPLEX)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

** Licensed under U.S. Patent 4,315,927.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, VANILLA EXTRACT, SODIUM CITRATE, DEXTROSE, SOY LECITHIN.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

*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.