

# Complete Mineral Complex

## Why are Minerals Important?

*"Minerals are the basic spark-plugs in the chemistry of life, on which the exchanges of energy in the combustion of foods and the building of living tissues depend."* - **Dr. Henry Schroeder, a leading authority on trace elements**

This iron-free formula contains a comprehensive array of minerals which the body needs in order to sustain life and work properly. The body uses minerals for a wide range of functions, including building strong bones and teeth, making hormones, converting food into energy, transmitting nerve impulses, and helping muscles to contract and relax. Since magnesium is more difficult to obtain in the daily diet, a 1:1 ratio of calcium to magnesium was chosen for this formula (in contrast to many commercially available supplements, which contain more calcium than magnesium).

## Uses

- Ideal as a daily supplement to help maintain healthy mineral levels
- Beneficial for use in mineral replenishment when there are known deficiencies, or for use following medical treatments that may deplete mineral status

## Understanding Chelated Minerals

Compounds are made up of two or more elements and *chelation* describes how these elements are bonded together. In their natural state, minerals are known as *inorganic elements*, which means they are not biological in origin. The human body cannot use inorganic minerals directly. It must first convert them to an organic or biological form. During the digestive process, when an inorganic mineral is presented, this conversion process starts to work, chemically bonding the inorganic molecule to an organic molecule. This process is called chelation and the end product is referred to as a chelate. Hence, this chelate becomes an organic compound that can now be absorbed and used by the body.

Unfortunately, many situations can negatively impact the efficiency of our body's natural chelation process, such as interference from dietary fiber and phytates, a non-ideal pH, or certain medications, any of which can cause minerals to pass through unabsorbed. Thus, in reality it can be very difficult to get minerals from food or non-chelated supplements to keep you at optimum health.

To compensate for this, Complete Mineral Complex contains minerals in chelated form. The old saying—"you are what you eat"—is only half true. *You are what you eat and absorb.* Chelated minerals are better absorbed and used in the body.

## Recommended Use:

As a dietary supplement, take three capsules per day, or as directed by your health care practitioner.



\*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.

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