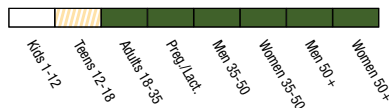




ITEM# 102  
AUST L 130222

# Essentials™: MultiMineral



**MultiMineral** is the perfect complement to **Mega Antioxidant**, providing balanced amounts of important minerals. Minerals and trace elements represent less than one-half of one percent of the total nutrients we consume every day, and yet without them, our bodies would be unable to efficiently use the carbohydrates, proteins, and fats in our diet. Minerals play an essential role in the body. Many vitamins and enzymes need a mineral cofactor for proper function.

## Zinc

Zinc is a component of hundreds of enzymes. It is associated with enzymes involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. Zinc functions as an antioxidant, aids in maintaining healthy bone structure development,<sup>1</sup> maintains healthy immune functions, maintains healthy vision, and supports normal foetal growth.<sup>2</sup>

## Selenium

Selenium is an essential component of the glutathione peroxidase antioxidant system and also plays an important role in thyroid hormone metabolism.<sup>3</sup> Many studies have shown that selenium is important for maintaining prostate health.<sup>4</sup> Selenium has also been shown to help a healthy immune system.<sup>5</sup>

## Magnesium

Magnesium is essential for the formation and maintenance of healthy bones and teeth where 70 percent of the body's magnesium is found.<sup>6</sup> 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

Chromium is an important component of the glucose tolerance factor (GTF) that helps to regulate insulin levels and thus retain healthy glucose metabolism.

Today's poor diets and unhealthy lifestyles often put stress on the body's blood glucose control mechanisms. Healthy insulin and glucose levels are critical for weight management and sustained energy levels throughout the day.

## Iodine

Iodine is a crucial component in the synthesis 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 essential for enzymes that help to synthesise collagen. Also, copper is a critical component of the enzyme superoxide dismutase (SOD), an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin.<sup>7a</sup>

## Manganese

Manganese is an important cofactor in the production of glycosaminoglycans, compounds that make up connective tissues, bones, arteries, and other organs.<sup>1</sup> Manganese is an activator of numerous enzymes,<sup>2</sup> and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity.<sup>10</sup>

## Completeness and Bioavailability

Not all mineral forms are created equal. USANA uses minerals in forms that are readily absorbed by the body. USANA has carefully formulated a balance of essential minerals—in bioavailable forms—and has added trace minerals for balance and completeness. USANA continually strives to use ingredients with proven quality, purity, and bioavailability. Minerals are sourced from the highest quality suppliers and only those that meet USANA's strict guidelines.

**MultiMineral** is laboratory tested, quality guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable.

## Using MultiMineral

Take four (4) **MultiMineral** tablets daily, preferably with meals. USANA recommends taking two (2) in the morning and two (2) in the evening.

EACH TABLET CONTAINS:	
CALCIUM (EQUIV 67.5 mg CALCIUM) AS:	
CALCIUM CITRATE HYDRATE	131 mg
CALCIUM CARBONATE	99.8 mg
MAGNESIUM (EQUIV 75 mg MAGNESIUM) AS:	
MAGNESIUM CITRATE	181.4 mg
MAGNESIUM AMINO ACID CHELATE	290.5 mg
POTASSIUM IODIDE (EQUIV 56.25 µg IODINE)	74 µg
ZINC CITRATE DIHYDRATE (EQUIV 5 mg ZINC)	15.7 mg
SELENOMETHIONINE (EQUIV 6.5 µg SELENIUM)	16.3 µg
COPPER GLUCONATE (EQUIV 500 µg COPPER)	3.6 mg
MANGANESE GLUCONATE (EQUIV 1.25 mg MANGANESE)	11.4 mg
CHROMIUM (EQUIV 75 µg) AS:	
CHROMIUM CHLORIDE	320.5 µg
CHROMIUM PICOLINATE	104.2 µg
MOLYBDENUM TRIOXIDE (EQUIV 12.5 µg MOLYBDENUM)	18.8 µg



ITEM# 101  
AUST L 133145

For your convenience, order both of the **Essentials™ – Mega Antioxidant** and **MultiMineral** – in a single package.

## References

1. Saltman PD, Strause LG, J Am Coll Nutr, 1993; 12:384-89.
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3. Holben DH and Smith AM, Diet Assoc, 1999; 99:836-43.
4. Blumenfeld AJ, et al., Can J Urol, 2000; 7:927-35.
5. Baum MK, Proc First Inter Bio-Minerals Symposium, April 19-20, 2001.
6. Ilich JZ, and Kerstetter JE, J Am Coll Nutr, 2000; 19:715-37.
7. Harris ED, Ann Rev Nutr 2000; 20:291-310.
8. Turnland JR, in Modern Nutrition in Health and Disease 9/e, Shils ME, et al., eds. Williams & Wilkins: Baltimore, 1999. Pp. 241-52.
9. Fleet JC, in Biochemical and Physiological Aspects of Human Nutrition, Stipanuk MH, ed. Saunders:Philadelphia, 1998, Pp. 741-44.
10. de Rosa G, et al., J Nutr 1980; 110:795-804.

This product contains selenium which is toxic in high doses. A daily dose of 150 µg for adults of selenium from dietary supplements should not be exceeded.

**Vitamin supplements should not replace a balanced diet.**

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.



Essentials  
Micronutrition

## Essentials™: MultiMineral

- Delivers a comprehensive, high-potency formula that includes a broad spectrum of essential minerals and cofactors that support optimal health
- Provides high quality ingredients and formulation
- Laboratory tested for guaranteed quality, potency, and bioavailability
- Contains a balanced blend of minerals and trace minerals

