Basic Minerals™
A Comprehensive Mineral/Trace Element Formula

DESCRIPTION
Basic Minerals™, from Douglas Laboratories, is a comprehensive mineral/trace element formula. Basic Minerals contains patented mineral amino acid chelates from Albion Laboratories and other well tolerated and highly absorbable mineral forms. Basic Minerals is iron-free, making it an appropriate choice for those concerned about getting too much iron but who want to supplement with a full-spectrum of other minerals and trace elements.

FUNCTIONS
Minerals play a variety of essential roles throughout the body. Some of the primary roles of each mineral include:
• Calcium is a principal mineral constituent of bones and is thus essential for strong bones.
• Magnesium is involved in energy metabolism, and is notably important in the heart, skeletal muscles, and nervous system.
• Iodine is necessary for the synthesis of thyroxin, the thyroid hormone that regulates the body’s metabolic rate.
• Zinc is important for growth, immune system function, protein synthesis, antioxidant mechanisms, and wound healing.
• Selenium is an essential cofactor of glutathione peroxidase, a potent antioxidant.
• Copper regulates iron metabolism and activates superoxide dismutase, a powerful endogenous antioxidant.
• Manganese is essential for antioxidant systems in the body, bone growth, fat metabolism, and protein, nucleic acid, and cartilage synthesis.
• Chromium is required for normal blood sugar and lipid metabolism; it is an integral component of glucose tolerance factor (GTF).
• Molybdenum is involved in copper and iron transport, nucleic acid synthesis, and sulfur metabolism.

INDICATIONS
Basic Minerals may be used by individuals who want to supplement with a complete array of minerals and trace elements. Individuals who already take a Douglas Laboratories multiple vitamin-mineral-trace element supplement do not generally need additional minerals.

FORMULA (#BMN)
Six capsules contain:
Calcium (as calcium citrate) .............................................. 400 mg
Iodine (from kelp) .......................................................... 150 mcg
Magnesium (as magnesium aspartate and magnesium amino acid chelate**) .............................................. 400 mg
Zinc (as zinc amino acid chelate**) ..................................... 20 mg
Selenium (as selenium amino acid complex) .............................. 200 mcg
Copper (as copper amino acid chelate**) .................................. 2 mg
Manganese (as manganese amino acid chelate**) ............................ 20 mg
Chromium (as chromium polynicotinate***) ................................. 200 mcg
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Molybdenum (as molybdenum amino acid chelate**) ........................................ 150 mcg
Potassium (as potassium chloride) .............................................................. 99 mg
Vanadium (as vanadyl sulfate) ................................................................. 39 mcg
Boron (as boron aspartate-citrate) ............................................................ 2 mg

**U.S. Patent No. 4,599,152 Albion Laboratories.
***ChromeMate® brand of chromium polynicotinate (niacin-bound chromium) U.S. Patent No. 4,923,855 InterHealth Co.

SUGGESTED USE
Three capsules twice daily with food, or as directed by a physician.
Douglas Product Data Laboratories®

SIDE EFFECTS
No adverse side effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES
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For more information on Basic Minerals™ visit douglaslabs.com

† 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.