

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 welltolerated 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 thyroxine, 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.
- Potassium is involved in normal muscle tone, nerve function, and many enzymes.
- Vanadium is active in lipid and glucose metabolism.
- Boron is involved in steroid hormone metabolism, cell membrane stability, and bone health.

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.

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Basic Minerals™ **A Comprehensive Mineral/Trace Element Formula**

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.

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Your patients trust you.**

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