



Ionic Minerals

Stock #310-5 (32 fl. oz.)

Ionic Minerals is a liquid supplement that provides 70 trace minerals in a readily-absorbed form. Each serving of Ionic Minerals contains:

Trace minerals - The effect of trace minerals on human well-being is enormous. Certain trace minerals are considered essential in very small amounts to maintain health and ensure proper functioning of the body. Increasing evidence supports the role of trace minerals in the maintenance of immune function and cancer prevention. Trace minerals also play a specific role in antioxidant activity, cellular functioning, enzyme activation, hormonal regulation, metabolism, healthy pregnancy and lactation, normal heart rhythm, oxygen transport, pH balance of the blood, and in the renewal of body tissues and wound healing. In addition, trace minerals are involved in normal skeletal metabolism and the nutritional prevention of osteoporosis and degenerative joint diseases.¹⁻¹⁸

Over the past 60 years, the quality of food grown in the United States has suffered to the point that levels of trace minerals in these foods have been severely depleted. Thus, trace mineral deficiencies can occur even in the presence of a seemingly healthy diet. Trace mineral deficiency can also occur due to decreased or impaired absorption. For example, fiber, phytate (found in cereals, legumes and nuts), drugs and other chemicals can negatively affect trace mineral absorption, as can poor digestion. However, ionized mineral supplements do not require stomach acid for digestion. Instead, ionized minerals are easily absorbed across the intestinal wall for utilization by the body.¹⁹⁻²³

Fulvic acid has been shown to increase the absorption of minerals, as well as scavenge free radicals. Fulvic acid has also demonstrated immunomodulatory and anti-ulcerogenic activity. In fact, fulvic acid has been used orally for colitis, gastritis and stomach ulcers. In addition, in vitro studies have found that fulvic acid increases collagen production in articular (joint) cartilage cells.²⁴⁻³¹

Açai berry (*Euterpe oleracea*), a fruit from the Amazon region of South America, is a rich source of antioxidants and other nutrients, including essential fatty acids, amino acids and vitamin C. Plasma antioxidant capacity has been shown to increase up to 2- and 3-fold following the consumption of açai juice and pulp among healthy volunteers. Açai also exhibits anti-inflammatory properties and appears to be a potential inhibitor of COX-1 and COX-2 enzymes, which are involved in the inflammatory response. Thus, in some areas of Brazil, açai is used for health problems related to inflammation and oxidative (free radical) damage, such as cardiovascular disorders. In addition, animal studies have shown that açai exerts hypocholesterolemic (cholesterol-lowering) effects.³²⁻³⁹

Red grape skin extract (*Vitis vinifera*) is a rich source of polyphenols, which are antioxidant substances that protect the body's tissues against oxidative stress (free radical damage). One such polyphenol, resveratrol, is regarded as a powerful antioxidant that also exhibits anti-inflammatory, neuroprotective (brain-protecting), antiviral, wound-healing, and cardioprotective (heart-protecting) effects. For example, a recent study involving high-risk cardiac patients who were resistant to the effects of aspirin found that resveratrol effectively inhibited platelet aggregation. Platelet aggregation is a risk factor for coronary artery disease because it can lead to the formation of blood clots.⁴⁰⁻⁴⁵

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