ITEM #102

Chelated Mineral HP My

Top-rated daily mineral supplement for adults

Chelated Mineral is a carefully formulated balance of essential minerals and ultra trace minerals sourced from the highest quality suppliers in forms readily absorbed by the body.*

The Importance of Minerals

Minerals and trace elements represent less than one half of one percent of the total nutrients we consume every day. Yet, without them, our bodies would be unable to function. Minerals balance and regulate our body chemistry, build teeth and bones, help efficiently metabolize nutrients, and provide antioxidant support. Many vitamins and enzymes also need a mineral co-factor to function properly. Each mineral plays many roles in the body.

Calcium

The most common mineral in the body, calcium is essential for healthy bones and teeth. It also is vital to many important processes in the body, including regulating the acid/alkaline balance, promoting healthy nerve and muscle function, and maintaining healthy blood flow and blood clotting, which is important for cardiovascular health.*

Magnesium

Because it helps regulate calcium levels, magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 70 percent of the body's magnesium is found. It is involved in the metabolism of carbohydrates and amino acids, necessary for energy production, and it plays an important role in neuromuscular contractions. Every organ, including the lungs, kidneys, and heart, needs a proper balance of magnesium to function optimally. It is also an activator of hundreds of enzymes essential to life.*

Iodine

Iodine is a crucial component in the production 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.*

Zinc

A component of hundreds of enzymes, zinc is involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. It is important for wound healing, insulin production, and hormone function. Zinc also acts as an antioxidant, aids in healthy bone structure development, promotes healthy immune function and healthy vision, and supports normal fetal growth.*

Selenium

Selenium is an essential component of the glutathione peroxidase antioxidant system, which helps combat the effects of free radicals, such as premature aging. It plays an important role in thyroid hormone metabolism and supports a healthy immune system. In addition, many studies have shown that selenium is important for retaining prostate health.*

Copper

Copper is a critical component of the enzyme superoxide dismutase (SOD), is an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin. Copper is also essential for collagen synthesis and healthy nerve function.*

Manganese

Important for fat and carbohydrate metabolism, manganese is necessary for maintaining a healthy, normal blood-glucose balance as well as proper brain function. It is an important co-factor in the production of glycosaminoglycans, compounds that make up cartilage and connective tissues, bones, arteries, and other organs. It activates numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity and help reduce damaging effects of free radicals.*

Chromium

Today's poor diets and unhealthy lifestyles often put stress on the body's blood-glucose control mechanisms. Chromium is an important component of the glucose tolerance factor (GTF), which helps retain healthy glucose metabolism, provided it is healthy to begin with. Healthy insulin and glucose levels are beneficial for weight management and sustained energy levels throughout the day.*

Molybdenum

An important co-factor for a number of enzymes, molybdenum is necessary for removing wastes and toxins from the body. It also helps strengthen teeth.

Boron

Boron supports the body's ability to use calcium, magnesium, and phosphorus. It also plays a role in brain function.

Vanadium

Vanadium helps support healthy serum glucose levels, provided they are healthy to begin with, and may also help retain healthy thyroid function.*

Silicon

Maintaining a good balance of silicon in the body is important for maintaining strong bones, connective tissues, and skin health. It also supports healthy blood vessels.

Why Chelated Mineral?

Because it is one half of the **Essentials**—the top-rated supplements in the world—you can trust that **Chelated Mineral** is the best mineral supplement you can use to protect your health every day. Formulated by a team of nutritional-science experts using highly bioavailable forms of each nutrient, the **USANA Essentials** surpass virtually every competitor for completeness, potency, and quality. USANA is proud to be one of only a handful of manufacturers who makes our products in our own state-of-the-art facility, which allows us to oversee the entire production cycle to ensure that our products deliver only the safest, most effective formulas for you and your family—Nutritionals You Can Trust.

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NSF Contents Tested & Certified

Essentials
Chelated Mineral

Cardiovascular Health | Cellular Metabolic Health | Skeleton/ Structural Health | Endocrine Health | Brain/Nervous Health | Digestion/ Detox Health | Immune Health

POTENCY GUARANTEED

HP In HealthPak™ | My Available for MyHealthPak™ | H Hybrid

*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.