

# FAST FACTS



Minerals make up 4 – 5% of your body weight and are absolutely critical for normal body function. They can be thought of as little “spark plugs” that ignite thousands of biochemical reactions that occur inside your body every second of every day! They are crucial to muscle response, nervous system communication, digestion, metabolism, and production of hormones and antibodies. They also regulate the body’s balance of water, acids and bases, and other important substances that keep your body in perfect working order. And lastly, minerals play important roles in building body structures, such as bones, teeth, soft tissue, muscle, blood and nerve cells. They are also some of the most “at risk” nutrients in the food supply because of soil depletion, not to mention losses that occur in harvesting, storage and processing of food! GNLD’s Multi-Min with Chelates and custom trace minerals provides a broad spectrum of bioavailable macro-minerals and trace minerals.

## Multi-Min - Keeps your body's sparkplugs firing!

### Why a mineral supplement?

- **Minerals can help to:**
  - Enhance energy levels if you fatigue or tire easily;
  - Promote long-term health by making up for mineral losses that occur when eating a diet containing refined or processed foods;
  - Enhance physical performance by fortifying the mineral intake of physically active people;
  - Aid recovery from physical exertion or illness due to excessive mineral losses (for example, in perspiration from exercise or fever, or fluid loss from diarrhoea);
  - Maintain a healthy fluid balance if you suffer from water retention/oedema;
  - Enhance cardiovascular function (aid regular heart beat, improve blood cholesterol levels, promote healthy blood pressure);
  - Help prevent severe headaches/migraine;
  - Aid treatment of anaemia/diabetes/blood disorders;
  - Build strong bone tissue (prevent osteoporosis);
- **Mineral deficiencies are wide spread and significantly impact on a person's health and well-being.** Examples of mineral deficiencies include weak bones (calcium); goitre (iodine); anaemia (iron, copper); impaired glucose tolerance, type 2 diabetes (chromium); tooth decay (fluoride); cardiovascular diseases (magnesium, calcium, potassium, copper); slowed growth, poor immunity (zinc); cancer (selenium); muscle spasm (magnesium, calcium); poor appetite (magnesium, zinc).
- **Mineral gaps occur regularly in people's diets.** The following examples can lead to either a low intake of certain minerals, or excessive mineral losses, or both:
  - The mineral content of the soil can vary drastically;
  - Food processing (storage, freezing, heating, canning);
  - Certain dietary practices (such as over-consumption of alcohol) or avoidance of certain types of foods (eg no dairy products);
  - Medications can reduce the utilisation of minerals by the body. Such examples include antacids, antibiotics, anticonvulsants, blood-cholesterol-lowering medication, diuretics, hormones, laxatives and excessive amounts of certain supplemental minerals.

### Minerals – All are needed!

There are 22 minerals that are required for complete nutrition, and these must be obtained from the foods you eat (or supplements) every day to maintain optimal health. Some of these minerals, such as chromium, molybdenum and selenium are needed in minute amounts. Others, such as calcium, magnesium, and sulfur, are needed in much greater quantities. The key issue is that they are all needed, but you must get the right amounts of the right minerals, otherwise severe health problems will result.

## Why GNLD Multi-Min?

- **Broad-spectrum mineral supplementation.** This is the best way to obtain minerals because minerals are like pieces in a jigsaw puzzle. Each have their own unique functions, but they also fit together to work in synergy to promote optimal health. Yet, if even one is missing, the jigsaw is incomplete, resulting in nutritional deficiency, and poor health will follow! Multi-Min takes the guesswork out of mineral supplementation by providing a broad range of minerals, in the right ratios needed for optimum human nutrition and reflected by what should be found in a healthy diet. Included in Multi-Min are macro-minerals such as calcium, magnesium, potassium, and phosphorus, and micro-minerals such as zinc, copper, iodine, iron, manganese, chromium, molybdenum and selenium\* - all in the one product!

**‘Enhances physical performance by fortifying the mineral intake of physically active people’**



\*In New Zealand only

- **GNLD’s exclusive amino acid chelates and complexes** provide significantly higher absorption ratios compared to unbound minerals. For minerals to be effectively absorbed into the body, they must be “joined” to organic compounds such as amino acids or food-sourced yeast. GNLD, through Dr Arthur Furst, pioneered amino acid chelation of minerals to enhance the uptake of minerals into your body. With Multi-Min, you get more minerals into your cells for your money!
- **GNLD’s Custom Trace Mineral Blend** – broad spectrum trace minerals from a unique combination of sea vegetation including diatom complex, Atlantic kelp, sea dulse, Irish moss, and more helps assure a diversity of essential minerals.
- **Organic sources wherever possible.** Both organic and inorganic forms of minerals exist in our food supply. GNLD utilises a number of organic sources to assure a diverse blend of minerals. For instance, kelp provides some of Multi-Min’s iodine.
- **Speedy dissolution for excellent bioavailability.** GNLD chelated minerals are manufactured using the most soluble forms of minerals, so their dissolution is speedy. The result? Highly bioavailable Multi-Min gives your body minerals in forms it can best utilise to optimise your health!

*Always read the label. Use only as directed.*



**INTERNATIONAL**

For more information please contact your local GNLD Distributor

[www.gnld.com.au](http://www.gnld.com.au)  
Multi-Min 6/04

[www.gnld.co.nz](http://www.gnld.co.nz)  
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