



CellSentials™

# Core Minerals

Broad-spectrum daily mineral supplement



Core Minerals is part of the USANA® CellSentials™ cellular nutrition system with U.S. patent-pending InCelligence™ cell-signalling technology. The CellSentials supplements are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and mitochondrial renewal support for the health of your cells. Core Minerals supplies a balanced range of highly absorbable essential minerals and trace minerals. It also includes added vitamin C, as well as N-acetyl L-cysteine. Core Minerals should be consumed with Vita-Antioxidant for best results, as it complements the vitamins and supports the benefits activated by the InCelligence Complex.

## THE BENEFITS OF CORE MINERALS

Minerals are essential elements for optimal health and well-being. Without them, our bodies would be unable to function. They play a role in all physiological processes and help balance and regulate our body chemistry. Core Minerals delivers a dozen minerals plus ultratrace minerals to help fill gaps in the diet and provide whole-body nutritional support. Core Minerals also supports the antioxidant protection and renewal benefits activated by the InCelligence Complex in Vita-Antioxidant, promoting cellular resilience so your body can meet your unique health needs.

## THE SCIENCE OF CORE MINERALS

Core Minerals is an excellent source of magnesium. Magnesium is a cofactor in more than 300 enzyme systems that control various natural reactions in the body; including metabolizing glucose and macronutrients. It is important for proper calcium utilization, which contributes to the structural development and maintenance of bones. It is also important for maintaining proper muscle function.

Core Minerals is a good source of calcium. The most common mineral in the body, calcium is essential for healthy bones and teeth as well as healthy muscle function.

The magnesium and calcium blends in Core Minerals are both composed partly from the ascorbate forms of the nutrients. Ascorbate is a source of another essential micronutrient: vitamin C.

Core Minerals contains high-potency iodine. Iodine is a crucial component in the body's normal function of the thyroid gland, which produces thyroid hormones that 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 restrict their iodized salt intake.

Core Minerals is high in zinc. A component of hundreds of enzymes, zinc is involved in normal carbohydrate, fat, and protein metabolism. It is important for supporting healthy immune function. It helps in connective tissue formation and maintaining healthy skin. Zinc also acts as an antioxidant.

Selenium in Core Minerals plays an important role in thyroid gland function.

Core Minerals is rich in copper, which helps form red blood cells. It is also essential for collagen synthesis, and, thus, plays a role in connective tissue formation.

Core Minerals is a good source of manganese. Important for protein and glucose metabolism, manganese helps produce and repair connective tissue and supports development and maintenance of bones and teeth.

Core Minerals contains chromium to provide support for healthy glucose metabolism.

The molybdenum in Core Minerals helps the body metabolize proteins.

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**RECOMMENDED USE:** PROVIDES MINERALS FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ :** FOURNIT DES MINÉRAUX POUR L'ENTRETIEN D'UNE BONNE SANTÉ.

**RECOMMENDED ADULT DOSE:** TAKE TWO (2) TABLETS TWICE DAILY WITH FOOD. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE DEUX (2) COMPRIMÉS DEUX FOIS PAR JOUR, AVEC DE LA NOURRITURE. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

TWO TABLETS CONTAIN: MEDICINAL INGREDIENTS		DEUX COMPRIMÉS CONTIENNENT : INGRÉDIENTS MÉDICINAUX	
CALCIUM (CITRATE, CARBONATE)	135 mg	CALCIUM (CITRATE, CARBONATE)	
MAGNESIUM (CITRATE, HVP* CHELATE)	150 mg	MAGNESIUM (CITRATE, CHELATE DE PVHP)	
IODINE (POTASSIUM IODIDE)	150 µg	IODÉ (IODURE DE POTASSIUM)	
ZINC (CITRATE)	10.05 mg	ZINC (CITRATE)	
SELENIUM (SELENOMETHIONINE, HVP* CHELATE)	100.5 µg	SELENIUM (SÉLENOMÉTHIONINE, CHELATE DE PVHP)	
COPPER (GLUCONATE)	1 mg	CUIVRE (GLUCONATE)	
MANGANESE (GLUCONATE)	2.5 mg	MANGANESE (GLUCONATE)	
CHROMIUM (POLYNICOTINATE, PICOLINATE)	150 µg	CHROME (POLYNICOTINATE, PICOLINATE)	
MOLYBDENUM (CITRATE)	25.05 µg	MOLYBDÈNE (CITRATE)	
SILICON (HVP* CHELATE)	2 mg	SILICIUM (CHELATE DE PVHP)	
VANADIUM (CITRATE)	20 µg	VANADIUM (CITRATE)	
BORON (CITRATE)	1.5 mg	BORE (CITRATE)	

(\*HYDROLYSED VEGETABLE PROTEIN / \*PROTÉINES VÉGÉTALES HYDROLYSÉES)  
NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, STARCH, SILICON DIOXIDE, DEXTRIN, RICE PROTEIN, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SEA SALT, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX : CELLULOSE MICROCRYSTALLINE, HYDROXYPROPYLCELLULOSE, CROSCARMELLOSE SODIQUE, PALMITATE D'ASCORBYLE, AMIDON, DIOXYDE DE SILICIUM, DEXTRINE, PROTÉINE DE RIZ, EXTRAIT DE VANILLE, DEXTROSE, LÉCITHINE DE SOJA, SEL DE MER, CITRATE DE SODIUM.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGÉNÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

FOR ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. DO NOT TAKE IF YOU ARE PREGNANT OR NURSING. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A HISTORY OF NON-MELANOMA SKIN CANCER, HAVE BEEN DIAGNOSED WITH ESTROGEN-DEPENDENT CANCER OR OTHER MEDICAL CONDITION, OR ARE TAKING A PRESCRIPTION DRUG. CONSULT YOUR PHYSICIAN FOR USE BEYOND 6 MONTHS. / POUR ADULTES SEULEMENT. GARDER HORS DE LA PORTÉE DES ENFANTS. N'UTILISEZ PAS CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITEZ. CONSULTEZ VOTRE MÉDECIN AVANT DE PRENDRE CE PRODUIT SI VOUS AVEZ DES ANTECÉDENTS DE CANCER DE LA PEAU NON-MÉLANOME, REÇU UN DIAGNOSTIC DE CANCER LIÉ À L'ŒSTROGÈNE OU POUR TOUT AUTRE PROBLÈME DE SANTÉ, OU SI VOUS PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE. CONSULTEZ VOTRE MÉDECIN POUR UNE UTILISATION AU-DELÀ DE 6 MOIS.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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Core Minerals also contains boron, vanadium, and silicon. Boron supports the body's ability to use calcium, magnesium, and phosphorus. Vanadium provides support for healthy glucose metabolism. And, maintaining a good balance of silicon in the body is important for maintaining strong bones and connective tissues.

N-acetyl l-cysteine helps to support the production of endogenous antioxidants activated by the InCelligence Complex in Vita-Antioxidant.

For easy swallowing, Core Minerals has a soy-free, sunflower-based coating.

#### THE USANA DIFFERENCE

Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Core Minerals offers excellent completeness, potency, quality, and safety. Core Minerals is a premium blend of minerals designed to not only optimally nourish your cells but also support the activity of the U.S. patent-pending InCelligence™ cell-signalling Complex in Vita-Antioxidant. Together they make up the USANA CellSentials daily vitamin, mineral, and antioxidant supplement. You can trust that Core Minerals and Vita-Antioxidant supplements are the best comprehensive micronutrient supplements you can choose to nourish, protect, and renew your health every day to provide life-long optimal health.