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 BENEFITS OF CHELATED MINERAL**

Everyone knows the importance of vitamins to help support good health, but minerals are just as vital. Minerals and trace elements represent less than one half of one percent of the total nutrients we consume every day. Without them, though, 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.

**THE SCIENCE OF CHELATED MINERAL**

Instead of adhering to recommended daily values, the levels of nutrients in Chelated Mineral are based on cutting-edge research, providing doses that often exceed those of standard minerals. This formula provides minerals in the right amounts for optimal cellular performance.

Each mineral in Chelated Mineral plays an integral part in helping your body run at optimal levels—especially when combined with bioavailable vitamins and antioxidants.*

**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 60-70 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 also is 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 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), an important antioxidant in cell cryptoplas, and acts as a catalyst in the formation of hemoglobin. Copper is also essential for collagen synthesis and healthy nerve function.*

**COPPER**

Useful for its role in a healthy immune system, 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 maintain healthy blood 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 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 phosphorous. 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.

**The Usana Difference**

Because it is one half of the USANA® Essentials— the top-rated supplements in the world—Chelated Mineral is the best mineral supplement to protect your health. Formulated by a team of experts using highly bioavailable forms of each nutrient, the USANA Essentials surpass virtually every competitor in completeness, potency, and quality. USANA also makes the Essentials in its own state-of-the-art facilities, 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.

**References**


**Note:** Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.