



CellSentials™

Core Minerals



Top-rated, broad-spectrum daily mineral supplement

Core Minerals is part of the USANA® CellSentials™ cellular nutrition system with patent-pending USANA InCelligence Technology™. The CellSentials are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and mitochondrial renewal support for the health and longevity 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 protection and renewal benefits activated by the InCelligence Complex in Vita-Antioxidant, promoting cellular resilience and longevity 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; supporting the production of cellular energy; and producing protein, DNA, RNA, and glutathione. It is important for proper calcium utilization, which contributes to the structural development of bones. It is also important for maintaining healthy nerve, muscle, and cardiovascular 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 and nerve 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 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 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, as well as supporting healthy DNA and RNA replication. It is important for supporting our body's natural healing process for minor cuts. It aids healthy bone structure development and promotes healthy immune function and healthy vision. It supports connective tissue formation and helps to maintain healthy skin. Zinc also acts as an antioxidant.*

Core Minerals contains high-potency selenium. Selenium aids the body's natural ability to produce glutathione, an endogenous antioxidant. It plays an important role in thyroid hormone metabolism, and many studies have shown that selenium is important for maintaining prostate health. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.*

Core Minerals is rich in copper. Copper is a critical component of the enzyme superoxide dismutase (SOD)—an endogenous antioxidant—and it helps form hemoglobin. Copper is also essential for collagen synthesis, and, thus, plays a role in connective tissue formation.*



Available for MyHealthPak™



ITEM #102

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN C (AS MAGNESIUM ASCORBATE AND CALCIUM ASCORBATE)	300 mg	500%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	112.5 mg	10%
IODINE (AS POTASSIUM IODIDE)	250 µg	170%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM ASCORBATE)	112.5 mg	30%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND SODIUM SELENITE)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	1 mg	50%
CHROMIUM (AS CHROMIUM POLYNICOTINATE)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
BORON (AS BORON CITRATE)	1500 µg	†
SILICON (AS CALCIUM SILICATE)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1500 µg	†
N-ACETYL L-CYSTEINE	80 mg	†

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, ORGANIC MALTODEXTRIN, PREGELATINIZED STARCH, SILICON DIOXIDE, VANILLA EXTRACT, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OLEIN, ORGANIC GUAR GUM.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATION FOR UNIFORMITY, POTENCY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

STORE BELOW 25° C MADE IN USA

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Core Minerals is a good source of manganese. Important for protein and glucose metabolism, manganese supports normal brain function. It also helps maintain healthy connective tissues, bones, arteries, and other organs. It activates numerous enzymes and can enhance the SOD enzyme system to support endogenous antioxidant activity.*

Core Minerals contains high-potency chromium. Chromium is an important component of the glucose tolerance factor (GTF), which helps maintain healthy glucose metabolism (provided it is already healthy).*

Core Minerals is an excellent source of molybdenum. An important co-factor for a number of enzymes, molybdenum is necessary for the metabolism of sulfur containing amino acids. It also helps the body metabolize proteins and helps maintain strong teeth.*

Core Minerals also contains boron, vanadium, and silicon. Boron supports the body's ability to use calcium, magnesium, and phosphorus. It also plays a role in healthy brain function. Vanadium helps support healthy serum glucose levels, provided they are already healthy. 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 InCelligence Complex in Vita-Antioxidant. Together as the patent-pending USANA® CellSentials™—the highest-rated supplements in the world—you can trust that Core Minerals and Vita-Antioxidant are the best comprehensive micronutrient supplement you can choose to nourish, protect, and renew your health every day and optimize your health span with normal aging.*

*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.