Today’s poor diets and unhealthy lifestyles often put stress on the body’s blood-glucose control mechanisms. Chromium is 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-scientists 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.

References
• MacDonald RS. The role of zinc in growth and cell proliferation. 2000. J Nutr 130(5S Suppl):1500S-7S.