

Mineral Synergy

A Supercharged Mineral and Electrolyte Rich Food

- Mineral Synergy is alkaline and soothing to the digestive tract.
- Contains over 20 naturally occurring food based minerals and electrolytes such as potassium, magnesium, sodium, calcium, phosphorus and trace minerals.
- Excellent source of magnesium, in the right form, to insure proper absorption of minerals, vitamins and electrolytes.
- Uniquely and gently processed using an infrared light versus the extreme temperatures of pasteurization to optimize and preserve the nutrient value and taste.
- 2 tablespoons of Mineral Synergy contains five times the amount of potassium as a banana.



What is Mineral Synergy?

Mineral Synergy is a 100% all natural powdered mineral/electrolyte wholefood sourced from all natural goat milk minerals. It contains over 20 naturally occurring macro and trace minerals in a bio-organic form that is easily assimilated by our metabolism. Further, We guarantee all goats are grass-fed, free range and graze on pesticide-free and chemical-free pasture 365 days a year. No hormones, antibiotics or pesticides are used. Ever.

Why Mineral Synergy?

Mineral Synergy is a one of a kind goat milk mineral wholefood that provides the mineral and electrolyte needs of health seeking individuals. It is developed using a gentle extraction process that captures the nutrients without harsh processing steps or methods that destroy the nutritional value of food. It contains over 20 minerals and electrolytes, the main

ones being potassium, magnesium, sodium, calcium and phosphorus. Unlike multi-vitamins, many of which have added fillers and unwanted sugars, or minerals and vitamins that are synthesized and not food based, Mineral Synergy is 100% natural, food based and contains no added fillers or sugars. The quantities of the macro and micro minerals provided in Mineral Synergy are sufficient to support proper functioning of the body, whereas the quantities in multi-vitamins are negligible and insufficient to properly support the body.

Why Potassium?

Potassium is a key mineral that is involved in a multitude of systemic roles such as cellular and electrical function. Potassium helps regulate acid-base balance as well as water hydration levels. Potassium deficiency is prevalent and symptoms may include fatigue, depression, hypertension (high blood pressure), and muscle weakness. Potassium can be found in a healthy diet of fruits and vegetables. However, the Standard American Diet (SAD) doesn't accommo-



360 grams (12.7 oz.)

No Pesticides
No Preservatives
No Chemicals
All Natural



Suggested use: Add 26 grams (2 level tablespoons) to smoothies, soups, salads, and sauces.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 2 Tbsp (26g) Servings per container: 14 Calories 79 Fat Cal. 0	Total Fat 0g	0%	Total Carb 18g
	Sat. Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g		Sugars 9g	
	Cholest. 0mg	0%	Protein 1.3g	3%
	Sodium 135mg	5%		
	Calcium 26%		Magnesium 9%	
			Potassium 30%	

Ingredients: Goat milk minerals, silica

date for proper potassium intake. The SAD diet usually consists of over consumption of highly processed foods containing low amounts of potassium and high amounts of table salt (sodium chloride), stripped of vital minerals. Mineral Synergy is a phenomenal product because it contains over 1000 mg of potassium per serving.

Why Magnesium?

According to the American Chiropractic Society, an estimated 68 to 80 percent of the United States population is deficient in the essential mineral magnesium. Our growing dependence on processed food is partly responsible for this alarming statistic. In addition, the ongoing soil erosion and pesticide use has significantly depleted the mineral content of our soil within the last century. Consequently, many fruits and vegetables that were once rich in magnesium no longer contain magnesium in adequate amounts, resulting in widespread deficiencies. Mineral Synergy is an all-natural, wholefood based mineral powder with bio-organic magnesium, not the synthesized forms found in vitamins.

Magnesium is a mineral essential to life, necessary for good health, and a vital component within our cells. Without magnesium the proper absorption of other minerals, vitamins, nutrients and electrolytes declines. Magnesium helps our bodies maintain balance, avoid illness, perform well under stress, and maintain a general state of good health. Other benefits include reduced symptoms from conditions such as chronic pain, fatigue and insomnia. Magnesium also provides protection from osteoporosis, hypertension and a number of chronic diseases, especially those associated with aging and stress.

Why Sodium?

Sodium is one of the best acid neutralizing foods for our bodies and is a crucial mineral for healthy cell performance, proper neurological function and a host of other systems and processes. Amino Acids, essential for brain health and proper organ function can only be absorbed through the small intestine via a sodium dependent transport system. Without sodium binding to a carrier, certain amino acids will not be absorbed. Mineral Synergy is comprised of what is known as bio-organic sodium meaning it comes from a natural food as opposed to table salt, which is sodium chloride stripped of minerals. The sodium in Mineral Synergy will assist with proper amino acid absorption.

What are the benefits of electrolytes?

Mineral Synergy contains many electrolytes such as sodium, potassium, magnesium, calcium, chloride and phos-

phorus. These positive and negatively charged ions are capable of conducting electricity in a liquid. They help maintain the membrane potential of cells and are a crucial aspect of muscle function, high energy levels, heart activity and pH balance in the blood and tissues.

What are trace minerals and why are they important?

Minerals are divided into two groups. Macro minerals (potassium, calcium, phosphorus, sodium, etc) are needed in fairly large amounts while "trace" minerals (copper, zinc, manganese, vanadium, cobalt, etc) are needed in smaller amounts. Although needed in smaller amounts, trace minerals are a critical factor in maintaining a proper balance of health. Mineral Synergy contains an abundance of both macro and trace minerals in sufficient quantities to benefit the body.

Does Mineral Synergy have an effect or help support enzymatic activity?

There are over 3,000 active enzymes in every cell of the body. An entire "family" of enzymes is called metallo-enzymes because one or more metallic minerals play an essential role in their function. For example, copper is a key element in many enzymes that build or tear down body tissue. Manganese is needed by enzymes to insure optimal utilization of several vitamins. Zinc is used in over 80 enzyme reactions that are critical for life in all humans.

What do the experts say?

"We personally use Mineral Synergy regularly and with seriously ill patients I recommend Mineral synergy because it is one of the best acid neutralizing foods that we can put into our bodies. In today's world, full of toxic, industrialized, genetically modified and processed foods this need is a growing concern. Almost all new patients have some form of Irritable Bowel Syndrome, Leaky Gut and/or inflammation from the lack of wholefoods rich in minerals, vitamins, electrolytes and enzymes. Mineral Synergy is high in potassium, sodium and magnesium, doing a wonderful job in taking care of the chronic acid in the stomach wall, created from a poor diet and pharmaceutical drugs. The stomach is a sodium organ and we find that Mineral Synergy gives it the necessary boost for health, with digestion always improving. Further, the magnesium found in Mineral Synergy is necessary for the proper absorption of other minerals, vitamins and enzymes. Without sufficient mineral levels in your body, vitamins cannot be absorbed so do not waste your money on multi-vitamins."

- Dr. Anthony M. Antonacci, NMD, CSCS, DC, FASBE