

Trace Minerals-B₁₂™

8050

Please Copy for Your Patients

Trace Minerals-B₁₂ Contains a Combination of Minerals—Potassium, Magnesium, Iodine, Iron, Manganese, Copper, and Zinc—Plus Vitamin B₁₂ Complex

The Japanese culture and various civilizations living along the Atlantic coast have consumed kelp, a type of seaweed, for centuries. One of the reasons that these populations may enjoy a history of healthier and more physically fit lives has been connected in some ways to their kelp consumption. Kelp contains many minerals—both in the major and trace mineral categories. It provides vitamins A and C and some of the vitamin B complexes. These vitamins and minerals are all responsible in some way for the day-to-day cellular processes that maintain the health and functioning of all of the body's major organs and glands. Buckwheat also provides numerous nutritional benefits. In addition to its mineral content, buckwheat extract contains the vitamin P complex with rutin and other bioflavonoids. Rutin enhances absorption of the vitamin C complex, maintains healthy capillary function, and stimulates bile production.†



Introduced in:

1951

Content:

90 Tablets

How Trace Minerals-B₁₂ Keeps You Healthy

Maintains a healthy skeletal system

Manganese is a trace mineral essential for the proper formation and maintenance of bone, cartilage, and connective tissue.†

Enhances metabolic efficiency

Phosphorus plays an important role in almost every cellular metabolic activity. It is an essential component of both RNA and DNA and is an important structural element in cell membranes. Zinc supports DNA synthesis and cell replication cycling. It is a part of over 80 enzymatic systems in the body and aids in the function of many glands and organs—especially those of the reproductive system. Copper works to metabolize cholesterol in the body to help maintain healthy cholesterol in healthy individuals with normal levels. Iodine is required to produce the two hormones in the thyroid gland responsible for regulating the body's rate of metabolism, growth, and development.†

Stimulates healthy cell division and growth

Vitamin B₁₂ is essential for the formation of red blood cells and myelin synthesis. Iron is needed to combine with protein and make hemoglobin for the red blood cells. Hemoglobin is responsible for carrying oxygen from the lungs to all the tissues of the body.†

Maintains healthy thyroid function

Seaweed, especially kelp, is an excellent source of iodine. Iodine stimulates the thyroid gland and is involved in a myriad of enzyme systems related to other physiological functions such as energy production, the conversion of body fat to energy, and the regulating of basal metabolic rate.†

Supplement Facts:

Serving Size: 1 tablet
Servings per Container: 90

		%DV
Calories	1	
Vitamin B ₁₂	5 mcg	80%
Iron	1.4 mg	8%
Iodine	145 mcg	100%
Zinc	2.7 mg	20%
Copper	0.3 mg	20%
Manganese	16 mg	820%

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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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What Makes Trace Minerals-B₁₂ Unique

Unique Product Attributes

Trace Minerals-B₁₂ is a unique combination of iodine and vital trace minerals

- This combination helps support the thyroid gland, general metabolism, fat metabolism, and energy production†

Multiple mineral product derived from plant sources

- Kelp powder, alfalfa, buckwheat juice and seed, and pea vine juice are whole food ingredients used in this product†

Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

Unique Processing

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- Preserves nutritional integrity

Exclusive low-temperature, high-vacuum drying technique

- Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- The nutrients in Trace Minerals-B₁₂ are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Proprietary Blend: Kelp, alfalfa, magnesium citrate, dried pea (vine) juice, bovine orchic extract, bovine bone, dried buckwheat (leaf) juice, buckwheat (seed), defatted wheat (germ), oat flour, dicalcium phosphate, carrot (root), and peanut (bran).

Other Ingredients: Manganese lactate, potassium para-aminobenzoate, honey, iron liver chelate, zinc liver chelate, copper liver chelate, calcium stearate, prolamine iodine (zein), and cyanocobalamin.

Suggested Use: One tablet per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Trace Minerals-B₁₂™.

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