

Vital Minerals

Without sufficient minerals the body cannot function properly, since minerals are essential in every biochemical process that sustains life. With the following mineral concentrates you get the benefits of a full spectrum of 72 to 84 ionic minerals, most as essential trace minerals. These are all the minerals that are found in blood plasma and that the human body needs. Minerals keep biochemical balance in the body, especially helping in alkalizing the blood, as most people are too acidic; they also help keep cells properly hydrated. They are cofactors to vitamins, enzymes, and herbs, are important to collagen synthesis, nerve function, and hormone regulation. Mineral electrolytes are released as highly charged ions that are immediately absorbable and ready to function in biochemical processes. Charged minerals—electrolytes—are the epitome of an active life force. Both of these sources of mineral concentrates are high in magnesium, which is important for calcium assimilation and nerve transmission. Take mineral concentrates to re-mineralize your body.

Can be taken in plain water (see below for specifics) or used in soups, stir fry, baked goods, dressings, smoothies, and juice. Also can be used topically, either applied directly to the skin or in baths. They benefit pets and plants as well.

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Inland marine minerals from the Great Salt Lake

From the Great Salt Lake, a saline solution much more concentrated than sea water. However, it is low in sodium. Heavy metals are precipitated out. We use these minerals in our **Land & Sea High-Energy Mineral Tonic**. 1/2 teaspoon (20 drops) recommended per gallon of water. Use as referred to above. Available in 4 oz and 8 oz bottles