



Essentials

Chelated Mineral



Top-rated daily mineral supplement for adults

Chelated Mineral is a carefully formulated balance of essential minerals and ultra trace minerals sourced from the highest quality suppliers in forms readily absorbed by the body.*

THE BENEFITS OF CHELATED MINERAL

Everyone knows the importance of vitamins to help support good health, but minerals are just as vital. Minerals and trace elements represent less than one half of one percent of the total nutrients we consume every day. Without them, though, our bodies would be unable to function. Minerals balance and regulate our body chemistry, build teeth and bones, help efficiently metabolize nutrients, and provide antioxidant support. Many vitamins and enzymes also need a mineral co-factor to function properly. Each mineral plays many roles in the body.

THE SCIENCE OF CHELATED MINERAL

Instead of adhering to recommended daily values, the levels of micronutrients in Chelated Mineral are based on cutting-edge research, providing doses that often exceed those of standard minerals. This formula provides minerals in the right amounts for optimal cellular performance.

Each mineral in Chelated Mineral plays an integral part in helping your body run at optimal levels—especially when combined with bioavailable vitamins and antioxidants.*

CALCIUM

The most common mineral in the body, calcium is essential for healthy bones and teeth. It also is vital to many important processes in the body, including regulating the acid/alkaline balance, promoting healthy nerve and muscle function, and maintaining healthy blood flow and blood clotting, which is important for cardiovascular health.*

MAGNESIUM

Because it helps regulate calcium levels, magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 60–70 percent of the body's magnesium is found. It is involved in the metabolism of carbohydrates and amino acids, necessary for energy production, and it plays an important role in neuromuscular contractions. Every organ, including the lungs, kidneys, and heart, needs a proper balance of magnesium to function optimally. It is also an activator of hundreds of enzymes essential to life.*

IODINE

Iodine is a crucial component in the 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 must restrict their salt intake.*

ZINC

A component of hundreds of enzymes, zinc is involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. It is important for insulin production and hormone function. Zinc also acts as an antioxidant, aids in healthy bone structure development, promotes healthy immune function and healthy vision, and supports normal fetal growth.*

SELENIUM

Selenium is an essential component of the glutathione peroxidase antioxidant system, which helps combat the effects of free radicals, such as premature aging. It plays an important role in thyroid hormone metabolism and supports a healthy immune system. In addition, many studies have shown that selenium is important for retaining prostate health.*

COPPER

Copper is a critical component of the enzyme superoxide dismutase (SOD), is an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin. Copper is also essential for collagen synthesis and healthy nerve function.*



MY Available for MyHealthPak™

ITEM #102

Chelated Mineral

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

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	135 mg	15%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM AMINO ACID CHELATE)	150 mg	35%
ZINC (AS ZINC CITRATE)	10 mg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	125%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND CHROMIUM PICOLINATE*)	150 µg	130%
SELENIUM (AS L-SELENOMETHIONINE AND SELENIUM AMINO ACID COMPLEX)	100 µg	140%
BORON (AS BORON CITRATE)	1500 µg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†
†DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, CALCIUM SILICATE, RICE PROTEIN HYDROLYSATE, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

*LICENSED UNDER U.S. PATENT 4,315,927.

CONTAINS SOY.

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

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

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

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MANGANESE

Important for fat and carbohydrate metabolism, manganese is necessary for maintaining a healthy, normal blood-glucose balance as well as proper brain function. It is an important co-factor in the production of glycosaminoglycans, compounds that make up cartilage and connective tissues, bones, arteries, and other organs. It activates numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity and help reduce damaging effects of free radicals.*

CHROMIUM

Today's poor diets and unhealthy lifestyles often put stress on the body's blood-glucose control mechanisms. Chromium is an important component of the glucose tolerance factor (GTF), which helps retain healthy glucose metabolism, provided it is healthy to begin with. Healthy insulin and glucose levels are 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.

THE USANA DIFFERENCE

Because it is one half of the **USANA® Essentials™**—the top-rated supplements in the world—Chelated Mineral is the best mineral supplement to protect your health. Formulated by a team of experts using highly bioavailable forms of each nutrient, the USANA Essentials surpass virtually every competitor for completeness, potency, and quality. USANA also makes the Essentials in its own state-of-the-art facilities, 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.

*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.



Chelated Mineral, Kosher

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

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	135 mg	15%
MAGNESIUM (AS MAGNESIUM CITRATE AND AMINO ACID CHELATE)	150 mg	40%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
ZINC (AS ZINC CITRATE)	7.5 mg	50%
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	50 µg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2 mg	100%
CHROMIUM (AS CHROMIUM POLYNICOTINATE**)	120 µg	100%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
SEA SALT	1.5 mg	†
*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET. † DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELOSE SODIUM, PREGELATINIZED STARCH, ASCORBYL PALMITATE, SILICON DIOXIDE, SILICON, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

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