

HEALTH TIP #2 - MULTI -MINERAL COMPLEX

BENEFITS:

- Important building blocks of bones, teeth, soft tissue, muscle, blood, and nerve cells, they are crucial to muscle response, nervous system communication, digestion, metabolism, and production of hormones and antibodies.
- They also regulate the body's balance of water, acids, bases, and other important substances. These earth elements are critical for normal body function
- good for athletes; assists in pain management; excellent for PMS and during menopause

WHY GNLD MULTI-MIN?

- **Broad-spectrum mineral supplementation.** Macrominerals such as calcium, magnesium, potassium, and phosphorus, and microminerals such as zinc, copper, iodine, iron, manganese, selenium, chromium, and molybdenum — all in one product!
- **GNLD's exclusive amino acid chelates and complexes** provide significantly higher absorption ratios compared to unbound minerals.
- **GNLD's Custom Trace Mineral Blend** — broad-spectrum trace minerals from a unique combination of sea vegetation including Atlantic kelp, sea dulse, Irish moss, and more.
- **Vitamin D** to support calcium absorption and bone health.

Mineral deficiencies are widespread, and their effects can be devastating.

- Osteoporosis, anemia, high blood pressure, weakened immunity, cancer — these are just a few of the many conditions that can arise when mineral demand exceeds intake.
- Several factors can hasten mineral depletion. Soil composition varies from region to region, and foods grown on mineral-depleted soil can in turn be mineral-poor. Or food processing — canning of produce, milling of grains, refining of sugar, peeling fruits and vegetables, etc. — may lessen the mineral content of foods. Certain foods, medications, stress, or lack of exercise can interfere with mineral utilization. Moreover, particular dietary practices can increase risks for mineral deficiencies.

TESTIMONIES:

**PMS SYMPTOMS DRASTICALLY REDUCED
WITH GNLD MULTI-MINERAL!**

Over the past couple of years, I found that my PMS symptoms were gradually worsening to the point where I would experience menstrual cramps for a full 7 days before the onset of my period! I was also experiencing painfully swollen breasts and had to start wearing a support bra to bed for 2 weeks before my period started. This was on top of bloating, mood swings and food cravings!

That's when Maryellen Vandenbrink suggested I add Multi-Mineral to my program of Formula IV and Nourishake, explaining that these 3 products together formed "The Basic Hormone Recipe" for women.

The first month after adding Multi-Mineral, I did not get any cramps until my period actually began! That was great!

The second month, I had less cramps during my period! Hurray!

The third month, my period was a breeze!

I simply do not have any of the PMS symptoms I was dealing with before. No more painfully swollen breasts, either!

Now I realize the importance of the Basic Hormone Recipe: Formula IV, Nourishake and Multi-Mineral.

Thanks to GNLD for producing such effective products!

Christine Maiorano
Georgetown, Ontario

TESTIMONY ON SWEATING

I used to have a terrible problem with sweating and perspiration which made me very uncomfortable. I would sweat all the time and even if I was just sitting in my office, I found myself very uncomfortable and would soak through my shirts. My wife, Maryellen, recommended the product "multi-mineral" to my programme of Formula IV and nourishake, as she told me minerals are very important in body fluid balances. I started taking two multi-mineral a day and within a very short time I stopped sweating so much. It is great as it was so embarrassing and uncomfortable. That was over ten years ago, and to this day as long as I take the multi-mineral, I have no problems with sweating. If you are having problems, I recommend you give this product a try. I would not go a day without it!!

Henry Vandenbrink, Mississauga