

Minerals



NUTRIENCE

No by-products. No fillers. No added glutens.
No bad anything.

Introduction

Minerals are the inorganic substances that classify as nutrients. Most minerals are present in the body as ions of salt. Many are quite insoluble in water and form solid deposits, thereby serving as supporting and protecting structures. Calcium carbonate, calcium phosphate, magnesium and fluoride make up the majority of bone, for instance.



There are two principle classes of minerals:

- Macrominerals, and
- Microminerals

All Nutrience formulas contain researched quantities of both micro and macro minerals.

Macrominerals are the ones that are predominant in the body. They include calcium, phosphorous, magnesium, sulphur and the blood electrolytes sodium, potassium and chloride.

The rest of the minerals in the body are required in only trace amounts and are known as microminerals. They may be low in quantity, but not importance. For example, iron helps form hemoglobin, as does copper, while zinc and manganese are integral components to enzymes that affect skin and reproduction.

Minerals help with the proper development of bones, teeth, tissue and hair. **Nutrience** contains exclusive and carefully researched quantities of essential macro & micro minerals (explained below), such as chelated minerals (organic minerals) for improved absorption.

Calcium & Phosphorus

Must be present in diet by a ratio of approximately 1.5:1, respectively. Also important for bones and teeth structure.

Potassium

Important for muscle tone, fluid control and metabolism.

Sodium/Chloride

Important for the ionic balance of fluids and muscular contractions.

Magnesium

Important for the efficiency of reproductive organs. Acts as a coenzyme in chemical reactions. Also important for bones and teeth structure.

Zinc

Maintains healthy skin and coat. Important for metabolism, coenzymes and calcification. Helps remove vitamin A (fat soluble) contained in the liver.

Iodine

Essential for the proper functioning of the thyroid gland (metabolism regulation).

Selenium

Similar to vitamin E functions. Helps prevent diseases, such as muscular dystrophy and myocardosis.

Manganese

Important for fat metabolism and reproduction. Activates enzymes and helps produce ossein.

Iron

Important for cellular respiration, an oxygen carrier.

Copper

Important for hemoglobin system and reproduction. Promotes well conditioned skin.

Sulfur

Important for the formation of certain amino acids (sulfur based).

Many higher quality products now provide specialty types of minerals to assure optimal absorption - including **Nutrience**.

One example you can look for are chelated minerals. These high quality nutrients are more expensive than conventional minerals as they have a protein molecule attached to the inorganic substrate to provide enhanced recognition and absorption. They are identified on as iron proteinate or zinc methionine complex. The former identifying a protein attachment and the latter an amino acid attachment. Have a look in any **Nutrience** ingredients list on our website or on the bag for these minerals.

Key Points

Minerals

Help in the proper development of bones, teeth, tissue & Hair.

Key functions of macro minerals

- Calcium & Phosphorus - bone and teeth structure
- Potassium - fluid control, muscle tone and metabolism
- Sodium - muscular contraction
- Magnesium - reproductive organs, bone and teeth structure
- Zinc - healthy skin and coat
- Manganese - fat metabolism and reproduction
- Iron - cellular respiration, oxygen carrier
- Copper - skin condition and hemoglobin system
- Sulfur - formation of amino acid

Key function of micro minerals

- Iodine - thyroid gland function
 - Selenium - muscle contraction
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