



FAST FACTS ABOUT MULTI-MIN

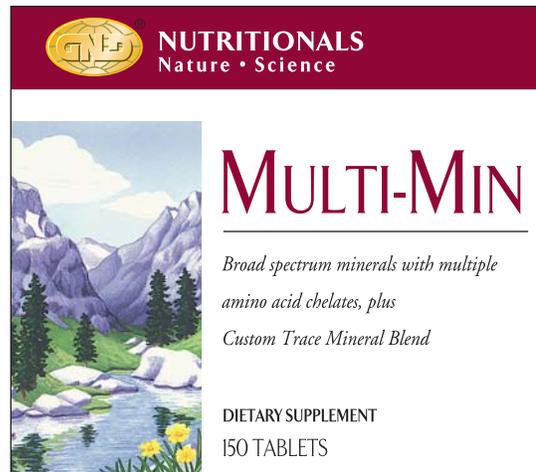
Minerals make up 4-5% of human body weight and are absolutely critical for normal body function. Important building blocks of bones, teeth, soft tissue, muscle, blood, and nerve cells, minerals are crucial to muscle response, nervous system communication, digestion, metabolism, and production of hormones and antibodies. They also regulate the body's balance of water, acids, bases, and other important substances. GNLD's Multi-Min with chelates and custom trace minerals provides a broad spectrum of bioavailable macrominerals and microminerals (trace minerals).

WHY A MINERAL SUPPLEMENT?

- To supply substances which are critical for normal physiological function but which cannot be manufactured by the body and which may be deficient in the diet.
- To provide basic support of cells and tissues having high mineral demands — bones, teeth, soft tissue, muscle, blood, and nerve cells.
- To furnish nutrients which can become depleted by physical or emotional stress.

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.



Supplement Facts	
Serving Size 3 Tablets	
Servings Per Container 50	
Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol and from fish liver oil)	100 IU 25%
Calcium (chelated)	150 mg 15%
Iron (chelated)	10 mg 55%
Phosphorus (complex)	20 mg 2%
Iodine (as potassium iodide and from kelp)	100 mcg 66%
Magnesium (chelated)	75 mg 19%
Zinc (chelated)	15 mg 100%
Selenium (complex)	100 mcg 143%
Copper (chelated)	1 mg 50%
Manganese (chelated)	5 mg 250%
Chromium (chelated)	100 mcg 83%
Molybdenum (chelated)	100 mcg 133%
Potassium (complex)	90 mg 3%
Custom Trace Mineral Blend	300 mg †
Cellulose; Marine Organic Complex (from <i>Laminara digitata</i>); Kelp; Irish Moss; Dulse Leaf; Dicalcium Phosphate	
† Daily Value not established	
Other ingredients: Powdered cellulose, hydroxypropyl methylcellulose, stearic acid, silicon dioxide, titanium dioxide, magnesium stearate and triacetin. Contains milk, soy and fish (cod).	
510	Lot # Best If Used By

SUGGESTED USE: (adults) 3 tablets daily.

The listed essential minerals are crucial for growth of bones, teeth, and soft tissue and provide critical support to muscle, blood and nerve cells. These minerals facilitate activation of enzymes, hormones, and antibodies.*

* 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.

GNLD also adds Custom Trace Mineral Blend to supply a diverse array of plant-sourced trace minerals from specially selected varieties of nutrient rich sea vegetation.

GNLD's double amino chelates with glycine, methionine and other selected amino acids give significantly higher absorption.

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

Store in a cool, dry place, away from direct sunlight. Packaged with safety seal.

NOT SOLD IN RETAIL STORES
Available Exclusively From GNLD Distributors

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Leading edge nutrition since 1958. www.gnld.com



THE MULTI-MINERAL SUPPLEMENT STORY

MINERALS ARE CRITICAL FOR NORMAL BODY FUNCTION

Minerals make up 4-5% of human body weight. 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.

THE MINERAL GAP

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.

MULTI-MIN WITH CHELATES AND CUSTOM TRACE MINERALS CAN HELP FILL THE GAP

If you'd like to boost the mineral density and diversity of your diet, GNLD's Multi-Min provides broad-spectrum mineral supplementation in one product. A broad-spectrum of macrominerals and microminerals plus a custom trace-mineral blend, Multi-Min with chelates helps provide "nutritional insurance" for optimal health and vitality. Formulated for biocompatibility, Multi-Min offers several important advantages:

Chelates and complexes. Our zinc, iron and chromium are chelated with amino acids, and our selenium is complexed with amino acids. In general, the body does not absorb minerals efficiently. Both chelation and complexation greatly increase mineral absorption. For instance, the absorption of chelated minerals may be six times greater than that of nonchelated varieties! In addition, compared to nonchelated products, chelated minerals are less irritating to the stomach and intestines. Our senior Scientific Advisory Board member, Dr. Arthur Furst, pioneered amino acid chelation of minerals in the mid-1970s. This kind of expertise supports all GNLD products and was instrumental in creating Multi-Min.

GNLD's Custom Trace Mineral Blend. Multi-Min supplies a broad spectrum of trace elements from a unique combination of sea vegetation, Atlantic kelp, sea dulse, Irish moss and more. GNLD's Custom Trace Mineral Blend helps assure a diversity of important minerals.

Organic sources wherever possible. Although all minerals have their origins as inorganic earth elements, some are bound in organic systems. Both organic and inorganic forms of minerals exist in our food supply. After reviewing a variety of natural mineral sources, we selected mineral-rich organic sources to assure a diverse blend of minerals. For instance, kelp provides some of Multi-Min's iodine.

Speedy dissolution for excellent bioavailability. GNLD chelated minerals are manufactured using the most soluble forms of minerals, so their dissolution is speedy. The result? Highly bioavailable, Multi-Min gives your body minerals in forms it can best utilize.