

# Minerals Complete



## Clinical Applications

- Supports Mineral Repletion\*
- Supports the Consumption of a Mineral-Rich Diet\*
- Supports Sports Nutrition\*

**Minerals Complete**, Vitality Natural Health Care's highly absorbable and balanced multi-mineral formula, is composed exclusively of Albion®'s patented and fully reacted mineral amino acid chelates, malates, and mineral complexes.\*

All Vitality Natural Health Care Formulas Meet or Exceed cGMP Quality Standards

## Discussion

A sufficient intake of minerals is important for the production of energy; the synthesis of blood, bone, and hormones; the immune system; enzyme function; and reproduction. Furthermore, balance—or the ratio of one mineral to another—is key to mineral utilization.\*

Bioavailability is perhaps the most important consideration when selecting a formula containing minerals. The body transports minerals across the intestinal wall by bonding (or chelating) them to amino acids. To increase bioavailability of supplementary minerals, special processing is needed to create a stable bond between the minerals and the amino acids. Albion Laboratories uses patented processes to assure bond stability.<sup>[1]</sup> The result, it has been demonstrated, is that the bioavailability of Albion's chelates is superior.<sup>[2]</sup> Some other products on the market, which are purported to be chelates, are merely mixtures of proteins and minerals that lose stability during digestion and consequently have lower bioavailability.\*

Many of the minerals in Minerals Complete are bound to dipeptides. This combination appears to improve absorption by enhancing the minerals' transport across the intestinal wall.<sup>[1]</sup> Three very important features of the chelated minerals in Minerals Complete assist in absorption: (1) the absence of an electrical charge, which renders them less likely to interact with other dietary substances such as phytates, other vitamins and minerals, or medications; (2) small molecular weights that facilitate transport across the intestinal mucosa; and (3) the chelates remain intact and stable throughout the ranges of pH in the digestive tract.\*

The minerals in Minerals Complete differ from those in many formulas in that they are bound to the ligand, glycine. Unlike the ligand picolinic acid, which gets excreted unchanged in the urine, the amino acid glycine has nutritional value. This means that 100% of the mineral/amino acid compound has nutrient value.\*<sup>[3]</sup>

Another reason why Minerals Complete stands apart from other mineral formulas on the market is because it contains malic acid, lithium, and vanadium. Malic acid participates in the energy production cycle. A double-blind, placebo-controlled, cross-over pilot study using 400 mgs of malic acid three times a day (approximately the same amount as in Minerals Complete) along with magnesium supported feelings of wellness in subjects' joints, muscles, tendons, and other soft tissues.<sup>[4]</sup> Swedish researchers noted that a reduced content of high-energy phosphates in the muscles of some patients could be contributing to the muscle energy deficits experienced by these patients.<sup>[5]</sup> Because of malic acid's role in energy production, NADH (which yields three ATPs) is formed and may therefore support muscle energy production. Malic acid is also thought to increase energy levels in healthy humans.\*

Lithium and vanadium are known as ultra-trace elements. As yet, neither a requirement for ultra-trace elements, nor deficiency symptoms have been demonstrated in humans. Animal research suggests vanadium has important interactions with magnesium.<sup>[6]</sup> It also appears to have positive effects on insulin and glucose metabolism.<sup>[7]</sup> Lithium is thought to help regulate the neurotransmitter glutamate by keeping the amount of glutamate between brain cells at a stable, healthy level.<sup>[8]</sup> Lithium doses somewhat higher than those in this formula are used by some practitioners to support healthy brain function. These ultra-trace minerals, as well as some of the others, could have very narrow margins between what are useful and what are toxic doses. According to Jeppesen et al, in their presentation at the 6th International Symposium on Chelating Agents in Pharmacology, Toxicology and Therapeutics, Albion amino acid chelates are less irritating than other forms of inorganic mineral supplements.\*<sup>[9]</sup>

Strenuous exercise is thought to increase mineral loss via urine, sweat, and metabolic demand. In addition to electrolytes, the minerals copper, iron, and especially magnesium and zinc appear to be prominent minerals that are impacted by exercise or have important roles in performance.<sup>[10-12]</sup> Mineral supplements may therefore be beneficial for people who engage in strenuous exercise or physically demanding sports.\*

Individuals who want to support their general well-being, mineral nutrition, and glucose/insulin metabolism, as well as individuals who need to replace minerals lost through intense exercise, increased excretion, or absorption challenges may benefit from Minerals Complete.\*

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# Minerals Complete

**\*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.**



# Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Calcium (as DimaCal® di-calcium malate and TRAACS® calcium glycinate chelate)	150 mg	15%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as Albion® di-magnesium malate and TRAACS® magnesium lysyl glycinate chelate)	100 mg	25%
Zinc (as TRAACS® zinc bisglycinate chelate)	15 mg	100%
Selenium (as Albion® selenium glycinate complex)	60 mcg	86%
Copper (as TRAACS® copper bisglycinate chelate)	1.5 mg	75%
Manganese (as TRAACS® manganese bisglycinate chelate)	2 mg	100%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	75 mcg	63%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	50 mcg	67%
Potassium (as Albion® potassium glycinate complex)	50 mg	1%
Malic Acid (as DimaCal® di-calcium malate and Albion® di-magnesium malate)	621 mg	**
Betaine HCl	200 mg	**
Lithium (as lithium orotate)	250 mcg	**
Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	30 mcg	**

\*\* Daily Value not established.

**Other Ingredients:** HPMC (capsule), microcrystalline cellulose, stearic acid, medium-chain triglyceride oil, magnesium stearate, and silica.

 Albion, DimaCal, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904.

## Directions

Take two capsules daily, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

## References

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## Does Not Contain

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

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