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ESSENTIALS

MULTIMINERAL 10

Contains 10 minerals to support bones, muscle and immune function

Nutritional Information

One Tablet provides:

		%NRV
Mineral amino acid blend	704 mg	
providing:		
Calcium	100 mg	12.5
Iron	6 mg	42
Magnesium	100 mg	27
Zinc	4 mg	40
Iodine	40 µg	27
Manganese	0.4 mg	20
Copper	400 µg	40
Molybdenum	10 µg	20
Chromium	10 µg	25
Selenium	10 µg	18

*NRV = Nutrient Reference Values

Take one or two tablets daily with food. Swallow with water.



SUMMARY

- 10 minerals to increase dietary intake.
- Gentle on the gut.
- Amino acid chelated for greater absorption.

DESCRIPTION

Multimineral 10 provides 10 essential minerals including trace minerals. These minerals are amino acid chelated to enhance their absorption and to make them gentle on the gut. The minerals are carefully balanced so that they have a greater biological significance within the body. Minerals are required for structural components of the body, enzymatic reactions, catalysts and as antioxidants.

WHEN IS A MULTI MINERAL SUPPLEMENT REQUIRED?

Recovery from ill health: A multi mineral supplement is particularly beneficial to those who are recovering from illness, suffer from health conditions, especially when gut and absorption ability is compromised and for those with mineral deficient diets. Minerals play a diverse role in the body and in particular for enzymes and antioxidants required for healing.

To improve nutrient intake: Over the past 100 years, soil quality has decreased due to intensive farming methods and the use of pesticides, fungicides and herbicides, and the disruption their use has on the natural soil microbiome and subsequently nutrient quality and density. This decrease in soil quality directly leads to a drop in food quality. Another problem is the increasing toxic load on the human body due to the use of chemicals in horticulture and agriculture, drinking water and air. The body requires an increased nutrient intake to deal with these toxins, especially antioxidants.

WHAT ARE THE MINERALS IN MULTI MINERAL 10 AND WHAT DO THEY DO?

Calcium	<p>Calcium is one of the main structural minerals in bones and teeth. This is the body's main calcium store. Calcium is used from the bones to provide equilibrium to the blood and neutralise it when the pH decreases. Behaviours such as caffeine consumption, sugar spikes and stress all pull calcium out of the bones. Calcium losses also occur after the menopause in woman.</p> <p>Calcium is involved in the production of digestive enzymes within the body and thus essential for the utilisation of other nutrients. Calcium is required for muscles to contract, and for nerves to send signals to other nerves. Calcium activates insulin, is required for normal blood clotting and is necessary for normal electrolyte balance.</p>
Iron	<p>As well as being used for the production of haemoglobin, iron is used in the synthesis of neurotransmitters and in the formation of DNA and the activation of telomeres. Helps to convert phenylamine into tyrosine, meaning a deficiency in iron may cause lower thyroid function.</p>
Magnesium	<p>Magnesium is required for over 300 enzymatic processes within the body and facilitates many reactions. Magnesium is needed in the energy production cycle and in the synthesis of ATP. It is also involved in the homeostasis of calcium, the release of muscles after contraction, and for the maintenance of the heart muscle. Magnesium increases insulin sensitivity and is involved in the regulation of body temperature.</p>
Zinc	<p>Zinc is required for over 200 enzymatic process within the body and plays an important role in antioxidants such as superoxide dismutase. Zinc aids in the absorption of B vitamins and is required for PGE1 synthesis and insulin synthesis. Zinc is required for the hydroxylation of proline, and is therefore essential in the healing of wounds.</p>
Iodine	<p>Iodine is most known as the raw material for thyroid hormones. It is however also involved in cell division, mast cell immunoglobulin homeostasis, myelination of nerves and synaptogenesis.</p>

Manganese	Manganese is an antioxidant and is required for the homeostasis of blood clotting. It is also needed in the formation of bones and ligaments. Manganese facilitates the function of intestinal enzymes and is required in the synthesis of glucosamine, an amino acid used by the gut lining as fuel.
Copper	Copper works in balance with zinc and must be in a ration of zinc to copper 10:1. Copper functions as an antioxidant to protect against cellular oxidation. It is also required in blood clotting, collagen synthesis and the expression of tumour suppresser enzyme p53. Copper is also involved in the regulation of iron metabolism and therefore oxygen transportation. It is a co factor in interleukin 1, basic fibroblast growth factor (bFGF) and superoxide dismutase as well as tumour necrosis factor alpha (TNFa).
Molybdenum	Molybdenum is a trace mineral involved in the production of many enzymes such as sulphite oxidase, xanthiamine oxidase and aldehyde oxidase. It is also involved in the metabolism of fat, iron and copper.
Chromium	Most of chromium's functions are with blood sugar and insulin. It is a component of glucose tolerance factor (GTF). This is essential in maintaining normal blood glucose levels. Chromium reduces total serum cholesterol and triglycerides and increases HDL cholesterol. Chromium supplementation may also decrease glycosylated haemoglobin due do its action on blood sugar control.
Selenium	Selenium acts as an antioxidant and is required for the regeneration of vitamin C and vitamin E due to its role in glutathione peroxidase. Selenium inhibits platelet aggregation and improves sperm quality.

WHY ARE AMINO ACID CHELATED MINERALS SUPERIOR?

Minerals chelated to amino acids have a greater absorbency within the gut compared to other forms of the minerals. Each mineral has different stability within the gut and when joined to various compounds. Inorganic mineral forms such as oxides, sulphates and carbonates are not used effectively by the body. They are also disassociated from each other in the presence of stomach acid and can cause irritation to the gut. Amino acid chelated minerals however have a neutral charge, and an increased bond to each other. This allows them to stay intact as they move further into the gut and bind to specific receptor sites, optimising mineral absorption.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING MULTI MINERAL 10?

This product is intended exclusively for adults and is not intended for:

- Children
- Pregnant and breastfeeding woman

Consult your GP or pharmacist before taking with any prescribed medication.

FEATURES

- 10 minerals to increase dietary intake
- Amino acid chelated for greater absorption
- Gentle on the gut

HEALTH NEEDS



EVERYDAY HEALTH
& WELLBEING



SENIOR'S HEALTH

