

## **Omega Minerals (Item # 2000)**

*The Most Complete Offering of Needed "Bio-Available" Minerals*

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### ***Why take Omega Minerals?***

Our bodies manufacture some vitamins on its own; B12, pro-vitamin A and D3 are examples. The body also manufactures enzymes. But we can not make a single trace mineral or macro-mineral. You have to get your minerals exclusively from outside sources. The soils from which our food grows have been depleted of minerals, especially trace elements. Add "high speed" growing brought about by chemical fertilization and/or indoor-growing methods that rely on artificial light and you have a prescription for mineral deficient foods.

Taking a few capsules daily of Omega Minerals insures that you receive a daily intake of minerals and trace elements in their most bio-available (plant derived) form. We have added trace minerals and elements from an all natural organic source. The macro-minerals are chelated with amino acids forming amino acid chelates (this is how all minerals appear in plants) and citric acid chelating "citrates" known for their excellent bio-availability.

There are hundreds of mineral formulations on the market. What sets Omega Minerals apart from other formulations is the Trace Mineral content. We harvest and manufacture the trace minerals and elements from a prehistoric plant matter deposit which we own and operate. These trace minerals contain rich quantities of over 70 minerals and elements in an all natural organic form.

**Dosage:** Take 1 vegi-capsule with each meal or as directed by a qualified health professional.

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### **Ingredients Explained**

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**Vitamin C** - Vitamins are elements in food that are essential to health. Vitamin C is the most widely consumed nutritional supplement in the world, more than any other vitamin, mineral or herbal product. It is one of the most important water-soluble vitamins. Also known as ascorbate or ascorbic acid, Vitamin C is often used for helping wounds heal and in skin health products. This is because vitamin C is required for synthesis of the most common protein and the main protein in mammalian bones, cartilage and skin, called collagen.

Ascorbic acid is one of the anti-oxidants essential to preventing cell damage and maintaining a stress-free environment inside the cell of any organism. Though vitamin C is an essential part of bodily functions, the human body and certain other animals do not produce this nutrient (whereas the rest of the animal kingdom does).

Vitamin C also acts a delivery system for minerals like calcium and magnesium insuring their complete absorption by the cells.

**Calcium** - Calcium is a naturally occurring mineral that is needed by the body to build and maintain strong bones and teeth. Because calcium is not made in the body, it must be absorbed from a person's dietary or supplement intake. Calcium is shed from the body in skin, nails, hair, sweat, urine, and feces. When a person does not get enough calcium through their diet or supplementation, the body must break down bone to obtain the mineral.

**Iron** - Iron has been considered an essential mineral for our bodies for over a century. Iron, a mineral, functions primarily as a carrier of oxygen in the body, both as a part of hemoglobin in the blood and of myoglobin in the muscles. It also aids in immune function, cognitive development, temperature regulation, energy metabolism, and work performance. About 90% of the iron in our body is conserved and reused every day; the rest is excreted. Men are able to naturally store more iron than women. In order to maintain iron balance in the body for both men and women, dietary iron must supply enough iron to meet the 10% gap that our body has excreted or else deficiency will result. Iron is still the world's number one nutrient deficiency.

**Magnesium** - Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant.

Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidneys.

**Zinc** - Numerous aspects of cellular metabolism are zinc-dependent. Zinc plays important roles in growth and development, the immune response, neurological function, and reproduction. On the cellular level, the function of zinc can be divided into three categories: 1) catalytic, 2) structural, and 3) regulatory

**Selenium** - Selenium is a trace mineral that is essential to good health but required only in small amounts. Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals. Free radicals are natural by-products of oxygen metabolism that may contribute to the development of chronic diseases such as cancer and heart disease. Other selenoproteins help regulate thyroid function and play a role in the immune system.

**Copper** - The body needs copper for normal growth and health. Copper is needed to help body use iron. It is also important for nerve function, bone growth, and to help body use sugar. Copper is a component of or a cofactor for approximately 50 different enzymes. These enzymes need copper to function properly. Copper is an essential nutrient that plays a role in the production of hemoglobin, myelin, collagen, and melanin. Copper also works with Vitamin C to help make a component of connective tissue known as elastin.

**Manganese** - One important role of manganese as a coenzyme is to support the enzyme superoxide dismutase (SOD), a powerful antioxidant enzyme that functions to prevent inflammation and other damage from free radicals that result from oxidative stress in the body. Manganese is essential to the proper function of SOD, and manganese supplements may boost the antioxidant activity of this important enzyme.

**Chromium** - Chromium is known to enhance the action of insulin, a hormone critical to the metabolism and storage of carbohydrate, fat, and protein in the body. In 1957, a compound in brewers' yeast was found to prevent an age-related decline in the ability of rats to maintain normal levels of sugar (glucose) in their blood. Chromium was identified as the active ingredient in this so-called "glucose tolerance factor" in 1959.

Chromium also appears to be directly involved in carbohydrate, fat, and protein metabolism.

**Molybdenum** - Molybdenum is a trace mineral found in most plant and animal tissues. Molybdenum is an essential cofactor for many of the enzymes involved in protein synthesis and the mobilization or iron use in the body.

Molybdenum helps with metabolism of fats and carbohydrates. It plays an important role in the enzyme process for the use of iron in the body, by mobilizing iron from the liver reserves. Molybdenum is absorbed from the gastrointestinal tract and excreted in the urine. It helps prevent anemia and enhance general feeling of well-being.

**Potassium** - Potassium is a mineral that helps the kidneys function normally. It also plays a key role in cardiac, skeletal, and smooth muscle contraction, making it an important nutrient for normal heart, digestive, and muscular function. A diet high in potassium from fruits, vegetables, and legumes is generally recommended for optimum heart health.

**Boron** - It enhances the body's ability to use calcium, magnesium, as well as vitamin D. It also seems to assist in brain functioning and recognition. Boron seems to prevent calcium and magnesium from being lost in the urine and may help with decreasing menstrual pain by increasing the oestradiol level, which is a very active type of estrogen. People have also reported the reduction of arthritis symptoms with an intake of Boron.

**Vanadium** - Vanadium is an essential trace mineral. It is present in varying amounts in the soil and in many foods. It can also be inhaled from the air as a result of burning petroleum or petroleum products. At the end of the last century, vanadium was thought to be a cure for various diseases, but it turned out to be toxic at the high doses prescribed. Vanadium is necessary for bone and tooth development. Too little vanadium may result in high cholesterol and triglyceride levels, poor blood sugar control (for example, diabetes or hypoglycemia), and cardiovascular and kidney disease.

**Ginger Root** - Ginger, the underground stem, or rhizome, of the plant *Zingiber officinale* has been used as a medicine in Asian, Indian, and Arabic herbal traditions since ancient times. In China, for example, ginger has been used to aid digestion and treat stomach upset, diarrhea, and nausea for more than 2,000 years. Since ancient times, ginger has also been used to help treat arthritis, colic, diarrhea, and heart conditions. In addition to these medicinal uses, ginger continues to be valued around the world as an important cooking spice and is believed to help the common cold, flu-like symptoms, headaches, and even painful menstrual periods. We have added the herb to facilitate better absorption of certain minerals.

**Cayenne** - Native Americans have used cayenne (*Capsicum annuum* or *frutescens*, or red pepper) as both food and medicine for at least 9,000 years. The hot and spicy taste of cayenne pepper is primarily due to a substance known as capsaicin, which

has pain-relieving qualities. Cayenne has been used orally and topically for medicinal purposes.

Cayenne has also been used in traditional Indian Ayurvedic, Chinese, Japanese, and Korean medicines as an oral remedy for digestive problems, poor appetite, and circulatory problems. It has also been used as a topical remedy for arthritis and muscle pain.

We incorporate this herb to the Omega-Minerals formula for its ability to increase circulation to the extremities causing the blood now rich in mineral content to reach those areas where it's needed the most.

**Tracite** - Tracite Fulvic Minerals is a combination of 77 trace minerals and elements that are necessary for a healthy and vibrant life. Ninety-five percent of the human body's functions require minerals and trace elements. Tracite is an iron based, plant derived, trace mineral composition rich in chromium, vanadium and selenium. It is also rich in minerals, trace minerals, trace elements and especially fulvic acid.

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## Ordering Information

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Omega Minerals (*Item #2000*) is priced at only: \$22.00 for 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.