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MINERAL MAX

Mineral Max is a combination of herbals that are very high in mineral content as well as being in an alkalisied form (which is more suited to the human physiology). Mineral Max contains around 80% alkalisied minerals, and 20% acid-forming minerals – the perfect balance for the human physiology.

This formula aids in reducing systemic acidity and provides sixty-seven minerals and trace elements. For this reason it is often used as the foundation for all herbal programmes. Minerals are essential for the effectiveness of any chosen remedy!

However, it is important to consistently take this product for at least three months in order for full mineral saturation to occur (it takes the body this long to “recharge”).

Herbs contained within this remedy include:

- **Alfalfa:** This amazing herb contains more minerals and trace elements within an alkaline reaction than any other known herb! Rich in chlorophyll and cholesterol-lowering properties, it has strong blood cleansing and building properties.
It contains almost all known vitamins, minerals, and trace elements including vitamins A, B1, B6, B12, C, D, E, and K, as well as niacin, pantothenic acid, biotin, folic acid, protein, calcium, phosphorus, potassium, magnesium, iron, zinc, copper, as well as eight essential amino acids!
It combines well with other natural supplements and is well-known as a nutritive tonic which cleanses and detoxifies the body. It also provides the raw materials that the body needs for regeneration, electro-chemical activity, and all metabolic processes! A truly amazing herb!!
- **Barley Grass:** Barley grass contains one of the highest known herbal quantities of life-giving chlorophyll. Chlorophyll, which is the natural process that plants use to obtain food from sunlight, is well-known as being essential to our daily diets.
- **Psyllium Hulls:** Renowned as the finest lubricating and bulk laxative in the plant world. Through its bulking action it aids in the even distribution of organic minerals contained within the formula.
Where there are mineral deficiencies, inadequately processed food and metabolic wastes encumbering the intestinal mucosa, psyllium hulls will gently remove waste materials and encourage healthy peristalsis, and therefore, along with other formulas improve the assimilation of all other nutrients.
- **Slippery Elm:** A highly nutritive tonic food for all conditions of deficiency. It helps to rebuild the plasma element of the body and to restore mucous membranes (particularly of the lungs and stomach).
Its emollient action is very soothing for inflamed or ulcerated membranes and surfaces. It is high in niacin, riboflavin, thiamine and vitamins E, F, and K. It also contains the minerals calcium, iron, sodium, selenium, iodine, copper, zinc, potassium, and phosphorus! It has as much nourishment as oatmeal.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body’s mucous surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels, as well as containing vitamins E, C, B (complex), biotin, niacin, thiamine, riboflavin, pantothenic acid, lecithin, and the minerals magnesium, manganese, iron, silicon, sodium, iodine, chromium, and zinc.

Additional benefits of New Zealand Herbals Mineral Max formula include its ability to aid in cases of inflamed joint conditions (such as rheumatism, arthritis, gout, tennis elbow, and repetitive strain injuries) and where there is digestive irritation, discomfort or acidic build up. A very important element in any detox programme.

Typical Dose: Take three capsules twice daily.



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Twelve Points On Minerals

1. According to Senate Document No. 264 (official publication), 99% of American people are deficient in minerals, and a marked deficiency in any one of the important minerals actually results in disease!
2. The body is equipped to chelate only a small amount of some inorganic elements from nature, therefore, the body requires the minerals to come from plants in a chelated form so that they may be properly assimilated and utilised. The efficiency of each mineral is enhanced by balanced amounts of other minerals.
3. The body must maintain an adequate mineral supply to maintain a balance between internal and external pressure of the body cells (called osmotic equilibrium). This state must be maintained for normal cell function and continued youthful health.
4. All nutrients such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, and oils require minerals for activity. All bodily processes depend upon the action of minerals!
5. Trace-chelated minerals are more important in nutritional terms than vitamins. Vitamins can be synthesised by living matter, minerals cannot.
6. Vitamins are required for every biochemical activity of the body. Vitamins cannot function unless minerals are present.
7. Minerals are the catalysts that make enzyme functions possible. Chelated minerals combine with enzymes into an alkaline detoxifying agent which neutralises the acid metabolic by-products of the cells and other toxic conditions within the body and prepares them for elimination.
8. Hormonal secretions of glands is dependent upon mineral stimulation.
9. The acid-alkaline balance (ph) of the tissue fluid is controlled by minerals.
10. All elements work together as a collective whole. If there is a shortage of just one mineral, the balance of the entire activities of the body can be thrown awry. A deficiency of one mineral may disrupt the entire chain of life, rendering other nutrients either useless or inefficient.
11. The concept brought forth by French scientists concerning the biological transmutations of the elements within the body makes it understandable as to why the body needs the broad range of chelated minerals in balance to regain and maintain good health.
12. Minerals are, therefore, justified as supplementary dietary substances, especially in these days when the mineral content of our fruits and vegetables are destroyed by petrochemicals and synthetic fertilisers and lack of organic structures in the soil. Minerals are the lowest common denominator in disease, representing the basic building blocks of the body.