

NANO IRON

THE ESSENCE OF MINERALS

Minerals are the source of all physical life and the basis of nutrition. They are elements that come from the soil and cannot be made by living organisms, such as plants and animals. Four percent of the human body consists of minerals. Minerals control every organ and all the electrical impulses in the body. Minerals, like the 50 billion cells in our body which they feed, are dependent on each other for their operation. Therefore we need the full spectrum of minerals for optimal operation of our bodies, as do plants. But if the minerals we need are no longer in the soil, then the plants we eat contain insufficient minerals and deficiencies in our diet occur. Without minerals, our bodies cannot use vitamins found in our food or supplements.

Thus, mineral supplementation has become essential.

Our bodies need minerals (more than 100 mg per day) and trace elements (less than 100 mg per day).

The most important minerals are calcium, magnesium, sodium, potassium and phosphorus.

Trace elements include iron, zinc, copper, manganese, selenium, iodine and chromium.