Everyone needs minerals in their diet. Minerals are inorganic ions, or metals, that the body depends on for life and health. The body cannot produce minerals—you can only get minerals through your diet.

Although we require relatively small amounts every day, our health and well-being are vitally dependent on essential minerals. A mineral deficiency can cause any number of health problems. The chart on the next page shows what minerals do—and how we suffer without them.

If you’re not feeling like yourself and can’t pinpoint why, try boosting your diet with mineral-rich foods and reach for the *Vitality Pack®*—powered by *Oligo®*. It contains all the minerals on the chart to the right in research-recommended amounts for optimal health. And it delivers them Just Like Nature® for maximum absorption and minimum free radical generation.

Not firing on all cylinders? IT COULD BE A MINERAL DEFICIENCY.
# The Might of Minerals

<table>
<thead>
<tr>
<th>MINERAL</th>
<th>HEALTH BENEFITS</th>
<th>DEFICIENCY SYMPTOMS</th>
<th>NATURAL SOURCES*</th>
<th>AMOUNT OF MINERALS IN THE VITALITY PACK® FOR WOMEN</th>
</tr>
</thead>
</table>
| Boron   | Essential for hormones involved in bone metabolism, as well as maintaining normal, balanced levels of estrogen and testosterone. | • Insomnia  
• Muscle cramps  
• Bone pain | • Apples  
• Oranges  
• Almonds  
• Red grapes  
• Pears | 150 mcg |
| Calcium | Essential for bone/tooth formation, blood clotting, nerve transmission, muscle growth. | • Muscle cramps  
• Nervousness  
• Arm/leg numbness  
• Tooth decay | • Dairy products (milk, cheese, yogurt)  
• Sardines  
• Salmon  
• Dark leafy vegetables  
• Sesame seeds | 250 mg |
| Chromium| Important for glucose and insulin metabolism (energy). | • Diabetic symptoms | • Whole grains  
• Raw cane sugar  
• Shellfish  
• Chicken | 120 mcg |
| Magnesium| Crucial for energy, stronger bones, and formation of DNA and RNA. | • Confusion  
• Disorientation  
• Rapid pulse | • Green leafy vegetables  
• Bananas  
• Tomatoes | 400 mg |
| Iron | For oxygen delivery throughout the body, energy, and antioxidant protection. | • Breathing difficulties  
• Brittle nails  
• Anemia (pale skin, fatigue) | • Red meat  
• Prunes  
• Raisins  
• Walnuts | 9 mg |
| Zinc | For antioxidant protection, protein production, and a strong immune system. | • Fatigue  
• Prolonged wound healing  
• Stunted growth | • Beef liver  
• Shellfish  
• Lima beans | 15 mg |
| Copper | For energy, antioxidant protection, and support of red blood cell formation. | • Low energy  
• Baldness  
• Slow-healing sores | • Beef liver  
• Shellfish  
• Almonds  
• Prunes | 3 mg |
| Selenium| For antioxidant protection and proper function of thyroid hormone. | • Age spots  
• Immune problems | • Wheat germ  
• Garlic  
• Seafood  
• Bran | 105 mcg |
| Manganese| For energy and antioxidant protection. | • Dizziness  
• Ear noises | • Spinach  
• Beets  
• Brussels sprouts | 2.5 mg |
| Iodine | For proper thyroid gland function and energy. | • Dry hair  
• Irritability | • Fish liver oils  
• Egg yolk  
• Citrus fruits  
• Garlic | 150 mcg |
| Molybdenum| For amino acid metabolism and detoxification system support. | None observed in healthy individuals. | • Buckwheat  
• Barley  
• Legumes  
• Sunflower seeds | 75 mg |

*Assuming fruits and vegetables are grown in nutrient-rich soil, picked when ripe, and eaten while fresh.