HOLISTIC HEALTH BENEFITS

www.MpHerbs.com

SEA MOSS

- Supports immune health
- Promotes healthy digestion
- Rich in minerals

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BLACK SEED

- Boosts immune function
- Improves respiratory health
- Reduces high blood pressure

TURMERIC

- Powerful anti-imflammatory
- Supports joint health
- Enhances liver function

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BURDOCK ROOT

- Detoxifies the body
- Purifies the blood
- Promotes skin health

SOURSOP

- Fights inflammation
- Potential anti-cancer properties
- Supports immune function

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MORINGA

- Reduces inflammation
- Lowers blood sugar levels
- Supports brain health

IG @Mp.Herbs

LIONS MANE

- Enhances memory/focus
- Reduces anxiety & Depression
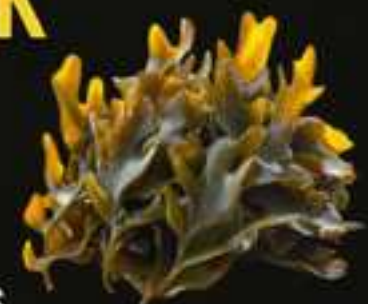- Supports nerve regeneration

ASHWAGANDHA

- Reduces stress
- Improves sleep quality
- Boosts energy levels

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BLADDERWRACK

- Supports thyroid function
- May aid in weight loss
- Rich in iodine

ELDERBERRY

- Boosts immune system
- Helps alleviate cold and flu
- Rich in antioxidants

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ESSENTIAL MINERALS OF THE HUMAN BODY

Minerals are vital for energy, immunity, growth, and overall health. Below are the key minerals that help the human body function at its best. **www.MpHerbs.com**

MACRO-MINERALS

Calcium (Ca)
bones, teeth, muscle function

Phosphorus (P)
bone health, DNA. energy production

Magnesium (Mg)
nerves, muscles, energy metabolism

Sodium (Na)
fluid balance
nerve signaling

Potassium (K)
heart rhythm, muscles, nerves

Chloride (Cl)
fluid balance, stomach acid

Sulfur (S)
protein structure, detoxification

Iron (Fe)
blood oxygen transport

Zinc (Zn)
immunity, wound healing

Copper (Cu)
iron metabolism, connective tissue

Iodine (I)
thyroid hormones, metabolism

Selenium (Se)
antioxidant defense

Molybdenum (Mo)
enzyme cofactor

Chromium (Cr)
blood sugar regulation

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TRACE MINERALS

Ni Nickel (Ni)

Si Silicon (Si)

V Vanadium (V) in Vitamin

Co Cobalt (Co)

B Boron (B)

Li Lithium (Li)

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