

# **Mineral Facts**

(Facts compiled from U.S Senate Document #264, 1992 Earth Summit Report, and "Dead Doctors Don't Lie" audio)

## **60 Essential Minerals**

- There are at least 90 essential nutrients that your body must have every day to stay healthy and to achieve maximum longevity.
- At least 60 of these nutrients are minerals, trace minerals, and rare earths.
- Even some of the minerals that are thought to be harmful are vital in trace amounts.

## **Americans Are Mineral Deficient**

- 99% of all Americans are deficient in these essential minerals, and a marked deficiency of any one of them will actually result in disease and shortened life span. It's no wonder we have the highest priced health care in the world but rank 31<sup>st</sup> in health and longevity.
- Lacking vitamins the body can make some use of minerals, but lacking minerals, vitamins are useless.

## **Supplementation Is The Only Way**

- Plants cannot manufacture minerals as they can some vitamins.
- According to U.S. Senate Document #264 these minerals are not in our soils, and therefore cannot be in our foods, so the only way to get them is to supplement.

## **All Minerals Are Not The Same**

- All minerals are not the same.
- Metallic minerals are only 3%-12% absorbable by the body.
- Metallic minerals can be toxic.
- Chelated minerals are only up to 40% absorbable by the body.
- Many popular name brand vitamin and mineral supplements pass through the body with almost no absorption.

## **Plant-Derived Minerals**

- All colloidal minerals are not the same.
- Plant-derived colloidal minerals are the only type of minerals that our bodies were made to absorb, and are up to 98% absorbable.
- Plant-derived minerals are the only type of minerals that are completely safe and non-toxic.
- Plant-derived minerals have a unique molecular structure and any excess minerals are flushed from the body within hours leaving no toxic build up whatsoever.
- There is only one known source of the full spectrum of 77 plant-derived minerals and trace minerals in the world...Our Mineral Mine.

## **You Can Live To Be 100!**

- There are five groups of people in the world whose average life span is over 100 and their one common thread is a plant-derived minerals.
- The genetic potential for all people is 120 to 140 years.

## **Animals, Healthier Than Humans**

- Many of the major diseases that we suffer with have been totally eliminated in the animals with simple, affordable, mineral supplementation.

**Trying to survive without these essential minerals is like not servicing your car. You'll get a lot less performance and have a lot shorter life. Don't go another day without taking in ALL 60 plant-derived minerals on a daily basis!**

**Call and Order Yours Today.**

**(317) 730-1018**

**Email: [mineralady@att.net](mailto:mineralady@att.net)**

**Web Site: [www.susanresner.info](http://www.susanresner.info)**