



## Essential Minerals Supplement

### MiVeda Nutritional Supplement Range

Essential Minerals Supplement contains the essential Vitamins and macro Minerals required for optimum health of bones and prevention of anaemia of the blood.

Anaemia is a disease caused by iron deficiency in the Red Blood Cells and thus not enough oxygen can be transported to the organs in the body. This can have serious health consequences.

Essential Minerals Supplement can help overcome this problem by supplying extra dietary iron in the form of supplementation.

Osteoporosis is a common disease of the bones, especially in older people and particularly in women. This condition exists when excess Calcium leaches out of the bones causing the bones to become weak and brittle.

Osteoporosis can have many causes but often involves a lack of Calcium in the diet or a reduced uptake of Calcium across the intestinal wall. Essential Minerals Supplement can help prevent both these problems.

Essential Minerals Supplement contains vital Vitamins and Minerals such as: Vitamin D3; Folic Acid; Iron; Calcium; Phosphorous; Zinc. These Vitamins and Minerals are of proven benefit for healthy bone growth and functional Red Blood Cells.



## Complete Mineral Solution

### MiVeda Nutritional Supplement Range

Complete Mineral Solution contains a combination of essential micro and macro minerals as well as trace elements which are required for good health and well being.

Considerable scientific and medical evidence has reported that many people in the population are deficient in trace elements and minerals. A major reason for this deficiency is our modern diet.

It has been well documented over the last 100 years that there has been a severe depletion of nutrients from our agricultural soils. As a result, fruits and vegetables grown in these soils no longer contain adequate trace elements and mineral nutrients.

Modern growing techniques, transport methods and storage techniques of fruit and vegetables require fruit to be picked "green" and often artificially ripened closer to the point of sale. This process prevents fruits and vegetables from completing an adequate uptake of mineral nutrients during the growing and ripening phase.

Genetic modification can also lead to a number of changes within our food, one of which is the rapid ripening of fruit and vegetables (or a shortened growth cycle) which can consequently reduce the uptake of trace elements and minerals in our food.

Because of all these factors, our modern diet is often nutritionally deficient. Complete Mineral Solution provides a solution to this modern day dietary problem.

Sourced from the Himalaya Mountains, Complete Mineral Solution provides a pure, natural and fresh liquid drink that has been selected because of its high natural mineral and trace element content. As well, we are able to offer water that originates from a spiritually important location in India – the Himalayas.



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