

# WHY TRACE MINERALS

No life could develop if minerals were excluded. Minerals provide structural and functional support, and for each element there exists an optimum quantity that furnishes maximal support for a cell. Nature already furnishes these optimum quantities so that minimal amounts of energy are needed to either increase or decrease amounts inside a cell. Any quantity less than the optimum would eventually lead to a deficiency state, and cellular malfunction might express itself in some obvious manner.

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Of the nutrients our bodies require - minerals, vitamins, water, protein, carbohydrates and fats, dietary minerals have the power to keep us young and rejuvenate our bodies. Minerals are actively engaged in strengthening the nervous system, growing new hair, normalizing the heartbeat, providing energy, improving thinking power, overcoming fatigue, building a dynamic memory and supporting the metabolic processes.

A mineral imbalance may alter one's disposition - In a mineral-deficient person, you may see signs of forgetfulness, easy fatigue, lack of incentive, lackluster skin and hair, a short temper, nervous tension, defeatism, depression and vengefulness. In fact, if anyone has a shortage of just one mineral, he may expect that the system could begin to weaken and lose its efficiency.

The bodily fluids, solutions of water and dissolved mineral salts, hold the cells in electrolyte balance. The mineral salts each generate a tiny electrical charge, either positive or negative. Each cell is similar to a minute electrical battery, with both positive and negative polarities receiving the electrolytic solution containing the essential chemicals and minerals it needs. Give the cells the minerals they need, and they can give you long life and good health.

Performance Plus is another dynamic product from Perfect Source to supplement your body with electrolytes and important minerals such as calcium and magnesium.

Electrolytes, namely sodium, potassium, and chloride work to maintain a healthful balance of fluids in the body.

Prolonged perspiration leading to dehydration can result in an imbalance of these substances. Perspiration is your body's way of cooling down when it gets too hot.

However, losing fluids by perspiring without replacing them with electrolytes can cause premature fatigue and even illness. That's why it has been recommended to drink plenty of water and use a trace mineral supplement such as Performance Plus before, during and after exercise and vigorous athletic activity for the replenishment of necessary trace minerals and nutritional elements.

Performance Plus is a great way to enjoy the nutritionally supportive properties found in natural plant vegetation from both land and sea.

# Vitamins & Minerals Can Keep the Doctor Away!

Standard orthodox medical doctors used to believe that diet and supplements were not important or at least were unrelated to health. New research now shows conclusively that nutrient deficiencies and dependencies do exist when people try to maintain their health on three meals a day.

**Research has been compiled during the last few decades to support the following points...**

- We may not obtain the required vitamins & minerals we need for metabolic competence from the standard three meals a day.
- When the body has been assaulted by stressors, drugs, pollutants, injury or sickness, nutrients are lost more rapidly than normal and if they are not replaced, the body's ability to withstand stressors may be reduced.
- We use so many labor-saving devices that we need fewer calories. As food intake is reduced, it is nearly impossible to get all the nutrients we need without taking supplements.
- Pollutants in the air, food & water put a stress on all of us. As a result, we require more vitamins & minerals to support the enzyme systems which aid in discharging these unwanted toxins.
- Those sweet, "empty calorie" foods that are "forced down our throats" rob the body of the nutrients required for digestion and absorption. In addition, food sensitivities and yeast infections can damage the intestinal lining so that even when we do consume nutrient dense food, absorption can be limited.
- "Pica" (when people experience a craving for "junk food" or alcohol or drugs) suggests that the body is not getting the nutrition it needs from the diet. People naturally tend to consume too much of certain foods (fat, sugar, calories) in order to obtain missing nutrients. Even if your diet were able to supply you with adequate doses of the major minerals, it may still be lacking in the trace minerals found in the Performance Plus. The importance of some of these trace elements, as well as the effects of a deficiency in them, are shown below.

<b>TRACE ELEMENT</b>	<b>VALUE</b>	<b>DEFICIENCY</b>
<b>Selenium</b>	Protects cell membranes, antioxidant, enhances immune system.	Heart and muscular conditions.
<b>Chromium &amp; Vanadium</b>	Important for glucose tolerance factor.	Hypoglycemia, Cardiovascular.
<b>Tin</b>	Supports hair growth and can enhance reflexes.	Reduced reflexes.
<b>Lithium</b>	Reduces aggressiveness and anxiousness.	Depression.
<b>Gallium</b>	Supports brain chemistry.	Brain dysfunction.
<b>Molybdenum</b>	Supports cal/mag/copper metabolism.	Copper deficiency.
<b>Boron</b>	Supports cal/mag retention in bones.	Osteoporosis, arthritis.
<b>Zinc</b>	Enhances immune system, thymus, & protects against birth defects.	Birth defects, infertility, infections.
<b>Nickel</b>	Lowers requirement for B12.	B12 deficiency.

The trace minerals found in **PERFORMANCE PLUS** are up to 98% absorbable by the body, and as you can see, play a very important role in maintaining a healthy balance within our systems.