

# Nutrition



## Nature-Min®

Your body can benefit from nutrients locked deep in an ancient seabed, because four percent of our body weight is comprised of these minerals. Since our bodies can't manufacture minerals, we have to obtain them from our food or supplementation.

Forever Nature-Min is an advanced, multi-mineral formula using new bio-available forms of minerals for maximum absorption. It provides minerals and trace minerals in a perfectly balanced ratio for maximum efficiency. Using a mineral base of natural seabed deposits, and chelated marine plants and animals, Nature-Min provides most of the minerals found in the human body.

Minerals in the body perform three functions:

1. Some, like calcium, phosphorus and magnesium, are constituents of the bones and teeth.
2. Others are soluble salts that help to control the composition of body fluids and cells.
3. Minerals, such as iron and hemoglobin, perform other vital tasks. They work with enzymes and proteins, which are necessary for releasing and utilizing energy.

Forever Nature-Min is an excellent way to ensure that your body is getting the minerals and trace minerals it needs to meet the demands of a healthy, balanced lifestyle.

### Supplement Facts

Serving Size 6 Tablets  
Servings per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Dietary Fiber	1g	4%*
Calcium (Dicalcium Phosphate)	1000 mg	100%
Iron (Ferrous Fumarate)	18 mg	100%
Phosphorus (Dicalcium Phosphate)	665 mg	70%
Iodine (Potassium Iodide)	150 mcg	100%
Magnesium (Magnesium Oxide)	400 mg	100%
Zinc (Zinc Sulfate)	15 mg	100%
Selenium (Selenomethionine)	36 mcg	50%
Copper (Copper Gluconate)	2 mg	100%
Manganese (Manganese Gluconate)	6 mg	300%
Molybdenum (Molybdenum Amino Acid Chelate)	36 mcg	50%
Vanadium (Vanadium Amino Acid Chelate)	36 mcg	†

\* Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

### OTHER INGREDIENTS

Natural Sea Mineral Deposit, Croscarmellose Sodium, and Stearic Acid.

**Contains Shellfish (Shrimp, Crab, Lobster).**

### CONTENTS

180 tablets

### DIRECTIONS

Six tablets daily as a dietary supplement.



- Contains trace minerals from natural sea bed deposit
- Perfect blend of minerals in each tablet
- Minerals play many roles in the human body, from regulating fluid balance to activating genes and hormones

PRODUCT #037

*The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.*