

Why Macro-Minerals?

Macro-Minerals is an herbal combination containing all the Macro Minerals in nature's perfect balance. Calcium, Magnesium, Potassium, Sodium, Sulfur, Chloride, and Phosphorus.

Today more than ever, we are seeing more and more Macro Mineral deficiencies. The symptoms are many. I will provide you a list of symptoms broken down by each Macro Minerals. This special formula gives you all the Macro Minerals in a food form that your body recognizes at the cellular level. Never take isolated mineral tablets or capsules. Meaning a calcium tablet or capsule, or a magnesium tablet or capsule. Isolated minerals are hard to digest and create an imbalance of other minerals in your body causing more harm to your health than good.

Macro Mineral Ingredients... are in a whole food form as follows: Horsetail, Alfalfa, Bilberry Leaf, Ashwagandha, Dandelion Root, Korean Ginseng, Fenugreek, Ginger root, and Garlic.

Symptoms of Calcium Deficiencies.

- Memory Loss
- Muscle Spasms
- Numbness and tingling in the hands, feet, and face
- Depression
- Hallucination
- Disability
- Spinal Fractures
- Inability to walk

Symptoms of Magnesium Deficiencies.

- Calcium deficiency
- Poor heart health
- Weakness
- Muscle cramps
- Tremors
- Nausea
- Anxiety
- High blood pressure
- Type II diabetes
- Respiratory issues
- Dizziness
- Fatigue
- Potassium deficiency
- Difficulty swallowing
- Poor memory

Symptoms of Sodium Deficiencies

Recognizing symptoms of sodium deficiency is important, because when left untreated a decreased level of consciousness, a coma, and possibly death may occur when blood sodium levels drop.

- Gastrointestinal distress
- Decreased appetite
- Nausea
- Vomiting
- Brain dysfunction
- Headache
- Lethargy
- Fatigue
- Confusion
- Irritability
- Hallucinations

Symptoms of Potassium Deficiencies.

- Blood pressure
- Normal water balance
- Muscle contractions
- Nerve impulses
- Digestion
- Heart rhythm
- pH balance

Symptoms of Sulfur Deficiencies

Sulfur helps create the connective tissue, including cartilage, tendons, and ligaments; assists in joint health; and may reduce pain in the body by slowing the nerve impulses that send pain signals to your brain. Sulfur is a component of the essential amino acids, cysteine and methionine, and the vitamins, biotin and thiamin, both contain sulfur. Glutathione, an antioxidant, also contains sulfur. Sulfur deficiencies reduce the functions of these compounds, which can result in poor growth, reduced protein synthesis, and increased oxidative or xenobiotic damage to your cells.

Symptoms of Chloride Deficiencies

- Loss of appetite
- Muscle weakness
- Lethargy

- Dehydration
- Heavy sweating
- Excessive fluid loss due to prolonged diarrhea or vomiting
- Over-hydration
- Burns
- Congestive heart failure
- Certain kidney disorders
- Addison's disease

Symptom of Phosphorus Deficiencies

- Weak bones and teeth
- Tiredness
- Reduction in appetite
- Pain and stiffness in the joints
- Lack of energy
- Occurrence of infections
- Confusion

Today with the GMO foods, lack of nutrients in our soils combined with toxic chemical fertilization, makes its very difficult to get the minerals we need for ultimate health and weight loss. We have the perfect solution with Macro-Minerals.