

# Organically Bound Minerals

## Organically Bound Minerals Contains a Natural Blend and Balance of Important Minerals from Alfalfa

The word alfalfa, meaning father of all foods, was chosen by the Arabians who discovered that the sprouts gave both them and their racing horses strength and endurance. Alfalfa's ability to offer such dynamic nutritional returns has been revealed over the years. Indeed, it is aptly named because the sprouts carry all six of the major minerals we need—calcium, magnesium, phosphorus, potassium, iron, and zinc. In addition, because sprouts are whole foods, the minerals are found in natural proportions, which aid in absorption. These minerals are alkaline, yet they have a neutralizing effect on the gastrointestinal tract. Alfalfa also provides vitamins, including vitamins A, K, P, and folic acid.

Alfalfa is also a source of chlorophyll—the most well-known plant chemical. Chlorophyll encourages a healthy balance of intestinal flora and has additional benefits as well. Kelp, another ingredient in Organically Bound Minerals, contains B vitamins, minerals, and trace elements. The minerals found in alfalfa and kelp are needed by living cells for proper structure and function. Our bodies need to maintain the appropriate chemical balance to sustain life. In order to achieve that goal, mineral levels must be maintained in balanced rations.†

## How Organically Bound Minerals Keeps You Healthy

### Keeps your heart healthy

Potassium from kelp and alfalfa helps keep your heart healthy and works in concert with sodium to maintain a healthy water balance in the body. Potassium also helps maintain healthy blood pressure within a normal range—especially important because of the high amount of sodium we often get in our daily diets. Iodine in kelp helps metabolize fat and maintain healthy circulation. It is also essential for proper thyroid function. Kelp supports healthy blood vessels and chlorophyll is believed to act as a blood purifier.†

### Maintains nervous system function

Potassium plays a key role in the regular transmission of electrochemical impulses in nerves. Vitamin B complex and minerals from kelp support brain tissue and the membranes that surround the brain, sensory nerves, and spinal cord.†

### Supports cellular health

In addition to chlorophyll supporting normal cellular function, potassium is required for the passage of nutrients across the cell membrane, and it is also necessary for a number of chemical reactions inside cells. Thus, potassium is an important electrolyte and must remain within proper balance both inside and outside of the cell in order to maintain normal cellular functions. Potassium is also intimately involved in helping maintain proper pH balance.†



**Introduced in:** 1935

**Content:** 90 Tablets

**Vegetarian Product**

### Supplement Facts:

Serving Size: 1 tablet	
Servings per Container: 90	
	%DV
Calories	1
Iodine	225 mcg 150%
Dried Alfalfa (Whole Plant) Juice	275 mg
Kelp	85 mg

Each tablet supplies 60 mg of naturally occurring alkaline ash minerals

**Other Ingredients:** Honey and calcium stearate.

**Suggested Use:** One tablet per meal, or as directed.

Sold through health care professionals

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## What Makes Organically Bound Minerals Unique

### Product Attributes

Multiple nutrients and minerals from vegetarian sources

- ▶ Organically Bound Minerals contains 275 mg of dried alfalfa juice and 85 mg of kelp

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- ▶ Assures the soil is laden with minerals and nutrients
- ▶ Ensures plants are nutritionally complete and free from synthetic pesticides

### Manufacturing and Quality Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- ▶ Preserves nutritional integrity

### Low-temperature, high-vacuum drying technique

- ▶ Preserves the enzymatic vitality and nutritional potential of ingredients

### Not disassociated into isolated components

- ▶ The nutrients in Organically Bound Minerals are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- ▶ Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Organically Bound Minerals.

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