## 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 specific parameters 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

### **Supplement Facts:**

Serving Size: 1 tablet Servings per Container: 90

%DV

 Calories
 1

 lodine
 250 mcg
 167%

 Dried Alfalfa Juice
 295 mg

 Kelp
 95 mg

Oganically Bound Minerals 627



## 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 specific parameters 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

### **Supplement Facts:**

Serving Size: 1 tablet Servings per Container: 90

%DV

 Calories
 1

 Iodine
 250 mcg
 167%

 Dried Alfalfa Juice
 295 mg

 Kelp
 95 mg

Oganically Bound Minerals 6275

