Trace Mineral Complex CWS

MINERAL SUPPLEMENT

Trace Mineral Combination
- Supports thyroid function
- Protects against oxidative stress
- Contains the essential micro nutrients: iodine, selenium, manganese, chromium and molybdenum
- Also contains boron

Convenient cold water soluble (CWS) liquid format
- Can be dropped directly into the mouth (3 drops per serving) or added to beverages

Scientific Rationale:

Iodine is an essential component of the thyroid hormones thyroxine (T4) and triiodothyronine (T3). T4 and T3 regulate a variety of key metabolic processes, including protein synthesis and enzymatic activity.

Selenium is needed to form selenoprotein enzymes that protect cells against oxidative stress and regulate thyroid function, including glutathione peroxidases (GPxs), iodothyronine deiodinases (DIs), and various antioxidant selenoproteins such as selenoprotein P (SePP). The thyroid has the highest concentration of selenium of any organ - GPx enzymes expressed in the thyroid protect against lipid peroxidation by detoxifying accumulated hydrogen peroxide (H₂O₂), and DI enzymes are needed to catalyze the conversion of T₄ to T₃.

In a 12-week long parallel clinical trial conducted on 119 healthy participants with low serum selenium levels (< 110 ng/ml), supplementation with 50 μg selenium significantly increased gene expression of the antioxidant enzyme selenoprotein W (SEPW1), compared to participants in the placebo group.

Molybdenum is an essential trace mineral and the active component of molybdenum cofactor (Moco). Moco is a cofactor for enzymes involved in energy production and the catabolism of purines and amino acids, such as sulfite oxidase, xanthine oxidase, and aldehyde oxidase. Based on a depletion study conducted on healthy men, purified supplemental molybdenum appears to be approximately 16% more bioavailable than molybdenum obtained from food sources.

Chromium is involved in potentiating insulin-dependent glucose uptake.

Recommended Adult Dose: Take three drops daily with a meal or as recommended by your healthcare practitioner. If preferred, Trace Mineral Complex CWS can be mixed with water or juice.

Supplement Facts
Serving Size: 3 Drops (0.2 ml)/ Servings per Container 75

<table>
<thead>
<tr>
<th>Each Drop Contains</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iodine (potassium iodide)</td>
<td>50 mcg</td>
</tr>
<tr>
<td>Selenium (sodium selenate)</td>
<td>50 mcg</td>
</tr>
<tr>
<td>Manganese (manganese ascorbate)</td>
<td>0.05 mg</td>
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<tr>
<td>Chromium (chromium polynicotinate)</td>
<td>50 mcg</td>
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<tr>
<td>Molybdenum (sodium molybdate)</td>
<td>50 mcg</td>
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<tr>
<td>Boron (sodium borate)</td>
<td>50 mcg</td>
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</tbody>
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* Daily Value (DV) not established
Other ingredients: Purified water, citric acid

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