

MÖDERE™



MINERAL SUPPLEMENT

with vitamins and minerals

THE WELLNESS PROBLEM

Every organism needs dietary minerals to ensure healthy living and support the function of vital processes. Our bodies cannot produce these chemical elements, and must therefore acquire them through dietary intake.

With minerals needing to be obtained from a wide range of sources, it may be difficult for those who are on restricted diets, those who consume processed food and those who consume plant based foods grown in mineral depleted soils to get enough dietary minerals to satisfy their daily needs.

As with other essential nutrients, essential minerals also contribute to a host of necessary functions your body must perform. Where deficiencies in dietary intake occur, supplementation may be of benefit.

LIFESTYLE TIPS

- Maintain a healthy diet and lifestyle.
- Eat a variety of antioxidant rich coloured vegetables which include cruciferous vegetables and root vegetables. Eat daily serves of dark green leafy vegetables such as kale, spinach, silverbeet, cabbage, rocket etc. Eat approximately 1 cup of coloured fruits daily including berries and citrus.
- Include a protein rich food with every meal and snack per day.
- Drink 2 litres of pure filtered water per day. Do not drink and eat at the same time. Drink away from food and meals to aid digestion.

THE MODERE SOLUTION

Sourced from the naturally occurring rich mineral deposits found in the area surrounding the Great Salt Lake in Utah, USA; Mineral Supplement contains a nutrient rich blend of minerals necessary for the maintenance of wellbeing. These minerals are suspended in a highly bioavailable form so that the body can readily and efficiently absorb and utilise them.

Mineral Supplement advanced nutritional liquid complex contains minerals and vitamins. It is also rich in natural fruit juices sourced from an unrivalled selection of natural fruit concentrates, such as blueberries, raspberries and the fruit blends of strawberry, grape seed extract and orange peel.

Mineral Supplement contains vitamins B2, B3 and B6, and macro and micro minerals for added nutrition.

WELLBEING BENEFITS OF MINERAL ESSENTIALS

Provides a rich source of essential dietary minerals including: **Chromium** – necessary for normal macronutrient metabolism. **Iodine** – necessary for the normal production of thyroid hormones.

Iron – contributes to normal energy production and the reduction of tiredness and fatigue.

Molybdenum – contributes to normal sulfur amino acid metabolism. **Selenium** – an antioxidant for cell protection. **Zinc** – necessary for normal immune system function



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FACTS

ACTIVE INGREDIENTS

Water, fructose, blueberry juice (from concentrate), fulvic acid solution, raspberry juice (from concentrate), calcium lactate, hydrochloric acid, magnesium lactate, maltodextrin, inulin, potassium chloride, sodium benzoate, beet rhizome juice, grape seed powder, green tea leaf extract, orange fruit crystals, strawberry fruit crystals, dicalcium phosphate, European elder fruit crystals, ferrous gluconate, bilberry fruit crystals, zinc gluconate, L-leucine, manganese gluconate, copper gluconate, niacinamide, sea salt, L-isoleucine, L-valine, black carrot powder, pyridoxine hydrochloride, L-alanine, L-arginine HCL, L-aspartate, L-lysine monohydrate, L-proline, L-serine, L-threonine, L-tyrosine, natural flavor, citric acid, chromium chloride, L-ornithine, L-histidine base, L-methionine, tricalcium phosphate, riboflavin, sodium molybdate, sodium selenite, modified food starch, silicon dioxide, potassium iodide, biotin.

DIRECTIONS FOR USE

Drink 15mL once or twice a day. Daily Mineral Supplement can be taken undiluted or mixed with 30mL juice or water.

Pack size: 500mL

Servings per container: 33.

PRECAUTIONS

This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and appropriate exercise program. Not suitable for children under 15 years of age or pregnant women; should only be used under medical or dietetic supervision

FREE FROM

Milk, gluten, artificial colours and flavours, soy and yeast. Suitable for vegetarians and vegans.

COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Antioxidant Sustained Release, Green Qi, Probiotic, Adult Multivitamin, Adult Multivitamin plus Botanicals.

NUTRITIONAL INFORMATION

Servings per container: 33 / Serving size: 15mL		
	Average per serving	% Daily Value
Calories	10	
Total Carbohydrate	3g	1%*
- Sugars	3g	†
Riboflavin	0.2mg	12%
Niacin	1mg	5%
Vitamin B6	0.4mg	20%
Biotin	30mcg	10%
Calcium	36mg	4%
Iron	0.4mg	2%
Iodine	75mcg	50%
Magnesium	20mg	5%
Zinc	0.4mg	3%
Selenium	80mcg	114%
Copper	0.2mg	10%
Manganese	0.2mg	10%
Chromium	80mcg	67%
Molybdenum	90mcg	120%

*Percent Daily Value based on a 2,000 calorie diet.

†Daily Value not established.