

DAILY MINERALS™

FOOD COMPOUND VITAMIN

Daily Minerals™ is a Food Compound Vitamin designed to provide a balanced combination of major and trace minerals essential for the health of the skeletal, cardiovascular, nervous, and kidney systems. Since the average American adult consumes a diet that lacks optimal amounts of essential minerals in the right proportions, a balanced multi-mineral supplement is recommended to help achieve and maintain optimal wellness.

FOOD COMPOUND NUTRITION

RightFoods™ has created **Daily Minerals™** by skillfully combining each mineral with nourishing whole food extracts. RightFoods™ whole food extracts are naturally rich in essential nutrients and a multitude of beneficial food compounds. Current research has identified food compounds to have several important health-promoting roles in the body including, acting as potent antioxidants, immune stimulators and detoxifiers. It has been proven, that a diet comprised mostly of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. These are the foods rich in food compounds. Since the average American diet lacks enough servings of these nourishing foods per day, it is important to choose a Food Compound Vitamin. A Food Compound Vitamin will not only provide essential nutrients, but also all the right foods rich in food compounds.

COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. A diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body.

Daily Minerals™ contains a select group of 31 foods naturally rich in minerals to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique to RightFoods™. Each tablet of **Daily Minerals™** includes foods such as *hydrilla* (an aquatic green plant), spinach, kale, onions, alfalfa, cabbage, flaxseed, broccoli, wild blueberries, rice bran, and more. No other multi-mineral offers as many foods providing a balanced source of major and trace minerals as RightFoods™ **Daily Minerals™**.

BALANCED MINERALS

Maintaining a balance between minerals in the body is an essential factor to good health. Minerals have complex interactions within the body and if the level of one mineral

is too high or too low, it directly affects the levels of the other minerals, resulting in an imbalance. If this imbalance is not corrected, any of a number of health conditions may arise. The best approach to maintaining a healthy balance between minerals is to include a broad array of mineral-rich foods. Foods naturally have balanced amounts and ratios of minerals, best suited for human nutrition. **Daily Minerals™** is a nutritionally advanced combination of minerals with complementary mineral-rich foods to help you achieve wellness.

SUPERIOR MINERAL ABSORPTION

RightFoods™ exclusively uses amino acid chelated (AAC) minerals. Minerals in this form are chelated, meaning they are attached to amino acids, the building blocks of proteins. For dietary minerals to be properly absorbed into the body, they need to attach to amino acids in the digestive tract. More common forms of chelated minerals, such as gluconates or citrates, are attached to molecules other than amino acids. In order for these forms of minerals to be absorbed, the mineral must break away from the molecule like gluconate and attach to free amino acids in the digestive tract. A quality meal providing ample amounts of amino acids from digested protein needs to be consumed with these forms of minerals for efficient absorption to occur. Without enough of the right foods at the right time, the absorption rate of these forms of minerals is minimal. Studies have shown that since amino acid chelated minerals do not have to be broken apart through digestion and attached to free amino acids from food, they are up to *300 times more absorbable than other mineral complexes*.

RightFoods™ has carefully selected the foods and amino acid chelated minerals for **Daily Minerals™** to create a Food Compound Vitamin with superior absorption and utilization. The whole food extracts in **Daily Minerals™** contain proteins and other compounds that act as “helping hands” in the absorption and delivery of minerals to the cells that need them. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization, the nutritional value of dietary minerals and other nutrients essential to life are diminished.



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount per Serving		% Daily Value ▼
Calcium	(AAC†, Hydrilla*)	500 mg 50
Iron	(AAC†, Kudzu*)	10 mg 55
Phosphorus	(AAC†, Onion*)	10 mg <1
Iodine	(Kelp*)	75 mcg 50
Magnesium	(AAC†, Alfalfa*)	250 mg 62
Zinc	(AAC†, Black Currant*)	20 mg 133
Selenium	(AAC†, Shiitake*)	50 mcg 71
Copper	(AAC†, Lemon Peel*)	100 mcg 5
Manganese	(AAC†, Wild Blueberry*)	10 mg 500
Chromium (GTF)	(AAC†, Apple*)	50 mcg 42
Molybdenum	(AAC†, Spinach*)	30 mcg 40
Potassium	(AAC†, Cabbage*)	45 mg **
Vanadium	(AAC†, Flax*)	50 mcg **

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Grape Extract, Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Soy 4:1, Kudzu 10:1);

Amines (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1, Ginger 5:1);

Polysaccharides (Rice Bran 3:1, Reishi 7:1, Shiitake 3:1), (Pectin: Apple 3:1);

Organosulfurs (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) 450 mg

Total Food & Herb Fresh Weight is 10,650 mg.

* Food extract with potency up to 50 times their actual weight.

** Daily Value not established.

† Amino Acid Chelates are superior to many other mineral forms.

†† Vitamin A Palmitate, Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

ROLES OF MINERALS IN THE BODY

Daily Minerals	Function in the body:	Food Source
Calcium	Aids in the formation and maintenance of strong bones and teeth; helps regulate heartbeat, blood clotting, muscle contraction, and nerve conduction.	Hydrilla
Iron	Essential to formation of hemoglobin, the oxygen-carrying factor in the blood; helps produce several respiratory enzymes.	Kudzu
Phosphorus	Aids in formation and maintenance of strong bones and teeth; important in energy metabolism.	Onion
Iodine	Necessary for normal function of thyroid gland and for normal cell function; keeps skin, hair, and nails healthy.	Kelp
Magnesium	Aids in the formation and maintenance of strong bones and teeth; aids in function of nerves and muscle, including regulation of normal heart rhythm.	Alfalfa
Zinc	Maintains taste and smell acuity, normal growth, and reproductive development; important for fetal growth and wound healing.	Currants
Selenium	Inhibits damaging oxidation of cellular fats; complements vitamin E to fight cell damage by free radicals.	Shiitake
Copper	Formation of red blood cells; cofactor in absorbing iron into blood cells; helps produce several respiratory enzymes.	Lemon Peel
Manganese	Required for normal bone growth and development, normal reproduction, and cell function.	Wild Blueberries
Chromium	Important for glucose metabolism.	Apple
Molybdenum	Important for normal cell function.	Spinach
Potassium	Promotes regular heartbeat; active in muscle contraction; regulates transfer of nutrients to cells; controls water balance in body tissues and cells; helps regulate blood pressure.	Cabbage
Vanadium	Required for cellular metabolism; aids in bone and teeth formation.	Flax

For a healthy nutritional foundation take **Daily Minerals™** with one of the following Food Compound Vitamins by RightFoods™: Complete Life™, Women's Daily™, Women Over Forty™, Men's Daily™, Senior's Daily™, One Daily™, or One Daily Iron Free™.

It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

**All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.
All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.
Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.**

RightFoods™, Inc.

An FDA Registered Establishment

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