

螯合性礦物質

基本營養素

- 全新升級版配方
- 獨有全面、高效能配方，蘊含全面的基本礦物質和輔因子，促進身體健康。
- 提供均衡礦物質和微量礦物質配方
- 配合「超級抗氧化劑」成為「基本營養素」套裝
- 完全符合美國藥典效能、均一性及分解標準。經化驗室測試，保證品質優良



螯合性礦物質和超級抗氧化劑為一個完美的組合，能提供身體所需的重要礦物質之均衡劑量。雖然，我們每天所攝取的礦物質及微量元素只為營養素總和份量的千份之五，但缺少了這些礦物質及微量元素，我們身體便不能有效利用所攝取的碳水化合物、蛋白質和脂肪。礦物質對身體有非常重要的作用；很多維他命和酵素是需要礦物質輔因子才能有效正常運作。

鋅

鋅是人體內數百多種酵素的主要成份。鋅是和參與碳水化合物、蛋白質和脂肪新陳代謝，以及複製脫氧核糖核酸 (DNA) 和核糖核酸 (RNA) 的酵素有關係。鋅的效能，包括：抗氧化效能、促進維持健康骨骼生長，維持健康免疫功能、視覺及促進健康正常胎兒發育。

硒

硒是體內抗氧化系統中谷胱甘肽過氧化酵素的一種必需成份，也對甲狀腺荷爾蒙新陳代謝十分重要。很多研究發現硒對維持前列腺健康也同樣重要。研究亦發現硒能促進免疫系統健康。

鉻

鉻是耐糖因子 (GTF) 的一個重要成分，有助維持健康葡萄糖新陳代謝。現今的不健康飲食和生活模式時常會影響體內血糖控制機制。健康胰島素和葡萄糖水平，對體重控制和提供全日充沛體能，非常重要。

全面和高生物利用率

不是所有礦物都是一樣。USANA 螯合性礦物質所採用的礦物都是身體容易吸收的形態。USANA 精研配方蘊含均衡的身體必需礦物 — 全屬高生物利用的形態，容易被吸收 — 以及加入微量元素，令配方更均衡和全面。USANA 堅持選用優質、高純度及高生物利用率的原材料。所有礦物材料均由信譽良好及優質的供應商提供，而且更要符合 USANA 嚴格的要求標準。

服用方法

建議早上服用兩片，晚上服用兩片。每天服用四片，餐後服用為佳。

螯合性礦物質

基本營養素



Supplement Facts 營養補充資料

NUTRITION INFORMATION 營養成份	AMOUNT PER TABLET 每粒含量
CALCIUM 鈣 (AS CALCIUM CITRATE & CALCIUM CARBONATE)	67.5 mg
IODINE 碘 (AS POTASSIUM IODIDE)	56.25 µg
MAGNESIUM 鎂 (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, MAGNESIUM AMINO ACID COMPLEX.)	75 mg
ZINC 鋅 (AS ZINC CITRATE)	5 mg
SELENIUM 硒 (AS L-SELENOMETHONINE, SELENIUM AMINO ACID CHELATE)	50 mcg
COPPER 銅 (AS COPPER GLUCONATE)	0.5 mg
MANGANESE 錳 (AS MANGANESE GLUCONATE)	1.25 mg
CHROMIUM 鉻 (AS CHROMIUM PICOLINATE, CHROMIUM POLYNICOTINATE)	75 µg
MOLYBDENUM 鉬 (AS MOLYBDENUM CITRATE)	12.5 mcg
BORON 硼 (AS BORON CITRATE)	0.75 mg
VANADIUM 鈳 (AS VANADIUM CITRATE)	10 µg
TRACE MINERALS 微量礦物	0.75 mg

mg = 毫克 ; µg = mcg = 微克 ; IU = 國際單位

CHELATED MINERAL ESSENTIALS

- New improved formula
- Delivers a comprehensive, high-potency formula that includes a broad spectrum of essential minerals and cofactors that support optimal health
- Contains a balanced blend of minerals and trace minerals
- Complements the Mega Antioxidant to form the USANA Essentials
- Meets USP specifications for potency, uniformity and disintegration, where appropriate and is laboratory tested or guaranteed quality



CHELATED MINERALS is the perfect complement to MEGA ANTIOXIDANT, providing balanced amounts of important minerals. Minerals and trace elements represent less than one-half of one percent of the total nutrients we consumed every day, and yet without them, our bodies would be unable to efficiently use the carbohydrates, proteins, and fats in our diet. Minerals play many essential roles in the body. Many vitamins and enzymes need a mineral cofactor for proper function.

Zinc

Zinc is a component of hundreds of enzymes. It is associated with enzymes involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. Zinc function as an antioxidant, aids in maintaining healthy bone structure development, healthy immune functions, and healthy vision; and supports normal fetal growth.

Selenium

Selenium is an essentials component of the glutathione peroxidase antioxidant system and also plays an important role in thyroid hormone metabolism. Many studies have shown that selenium is important for maintaining prostate health. selenium has also been shown to help a healthy immune system.

Chromium

Chromium is an important component of the glucose tolerance factor (GTF) that helps maintain healthy glucose metabolism, provided it is healthy to begin with. Today's poor diets and unhealthy lifestyles often put stress on the body's blood glucose control mechanisms. Healthy insulin and glucose levels are critical for weight management and sustained energy levels throughout the day.

Completeness and Bioavailability

Not all minerals forms are created equal. USANA uses minerals in forms that are readily absorbed by the body. USANA has carefully formulated a balance of essential minerals - in bioavailable forms - and has added trace minerals for balance and completeness. USANA continually strives to use ingredients with proven quality, purity, and bioavailability. Minerals are sourced from the highest quality suppliers and only those that meet USANA's strict guidelines.

Using Chelated Mineral

Take four (4) Chelated Mineral tablets daily, preferably with meals. USANA recommends taking two (2) in the morning and two (2) in the evening.

CHELATED MINERAL ESSENTIALS



Supplement Facts 營養補充資料

NUTRITION INFORMATION 營養成份	AMOUNT PER TABLET 每粒含量
CALCIUM 鈣 (AS CALCIUM CITRATE & CALCIUM CARBONATE)	67.5 mg
IODINE 碘 (AS POTASSIUM IODIDE)	56.25 µg
MAGNESIUM 鎂 (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, MAGNESIUM AMINO ACID COMPLEX.)	75 mg
ZINC 鋅 (AS ZINC CITRATE)	5 mg
SELENIUM 硒 (AS L-SELENOMETHONINE, SELENIUM AMINO ACID CHELATE)	50 mcg
COPPER 銅 (AS COPPER GLUCONATE)	0.5 mg
MANGANESE 錳 (AS MANGANESE GLUCONATE)	1.25 mg
CHROMIUM 鉻 (AS CHROMIUM PICOLINATE, CHROMIUM POLYNICOTINATE)	75 µg
MOLYBDENUM 鉬 (AS MOLYBDENUM CITRATE)	12.5 mcg
BORON 硼 (AS BORON CITRATE)	0.75 mg
VANADIUM 鈮 (AS VANADIUM CITRATE)	10 µg
TRACE MINERALS 微量礦物	0.75 mg

mg = 毫克 ; µg = mcg = 微克 ; IU = 國際單位