

Everyone knows the importance of good nutrition and the role supplementation plays in better health and wellness.

However, so many products today make so many claims that you need to exercise your mind before you make the right choices for your body.

# you decide!

## You think all minerals are the same? Think again!

**M**inerals are very basic in their composition. However, their roles in human nutrition can be extremely complex, and getting the correct minerals in optimum amounts is extremely important to your health. Minerals are crucial for the growth of bones, teeth, and soft tissue, and they provide critical support to muscle, blood, and nerve cells.

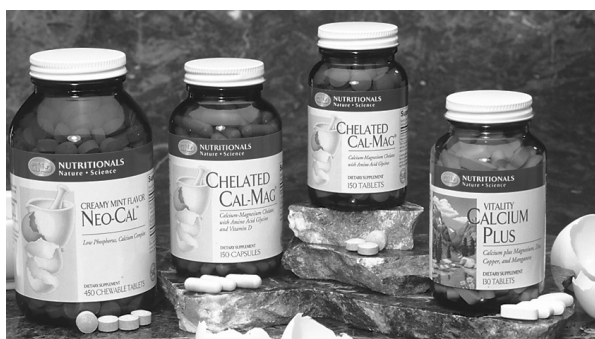
Finding the right mineral source is critical, since all minerals are not created equal. Some sources are quite natural and readily available to the body, while others, such as colloidal minerals, are inappropriate and have no history of safe, long-term use. Unfortunately, many mineral sources are not part of the human food chain at all, and these can contain minerals and other contaminants that may be potentially harmful. (In fact, according to the Physicians' Desk Reference, colloidal minerals also may contain arsenic and aluminum.)

your body absorbs these minerals is through chelation and complexation. GNLD's exclusive double amino acid chelates with glycine, methionine and other selected amino acids can support significantly improved absorption, when compared to non-chelated minerals.

Mineral supplements also need to be consistent in their purity, quality, and potency from batch to batch. Many sources that are mined from different areas or geological zones will vary dramatically in content, even though they have the same name.

Mineral supplementation plays an important role in the pursuit of optimal health. Knowing where your minerals came from, what form they are delivered in, and that they deliver consistent purity and potency is vitally important.

Take a look at the chart below, and then **...You Decide!**



Features and Benefits:	GNLD Minerals	Sea Silver	Colloidal Minerals
From organic mineral sources with long history of safe use and human consumption?	Yes	?	?
Formulated with minerals that are scientifically proven to be critical to optimum health?	Yes	No	No
Amounts of minerals per serving based on solid scientific evidence?	Yes	No	No
SAB approved?	Yes	No	No
Assayed and guaranteed free from natural toxins and contaminants?	Yes	?	?
Chelated to maximize absorption?	Yes	No	No
Scientifically proven to be highly bioavailable?	Yes	?	?
Percentage of "yes" answers	100%	0%	0%