



**MINERAL
SUPPLEMENT:**
Two sizes: 60s or 30s
Adult dose: 1 a day

AUST L 218522

Each 1.4g sachet contains:



MAGNESIUM (as sulfate) 78.1 mg
POTASSIUM (as sulfate) 131.0 mg
IRON (as sulfate) 9.1 mg
ZINC (as sulfate) 10.2 mg
MANGANESE (as sulfate) 9.1 mg
IODINE (as potassium iodide) 75 mg
SELENIUM (as selenomethionine) 50 mg

Take daily in water to optimise well-being.
Adding lemon juice makes a fizzy drink.

THESE alkaline minerals were abundant in the foods of earlier generations. Percy's minerals with bicarbonate serve to balance acid minerals that dominant the modern diet.

When the body cannot eliminate excess acid (phosphate, chloride, etc) from an overload of acid foods, beverages, drugs, chemicals, radiation, alcohol, or stress, it will throw off your pH balance.

An acid environment at the cell and tissue level enables pathogens (bacteria, fungi, viruses) to proliferate and causes inflammation / disease.

Which body systems does Percy's Powder help?

PERCY'S MINERALS	Iodine	Iron	Magnesium	Manganese	Potassium	Selenium	Sodium	Zinc
Systems	I	Fe	Mg	Mn	K	Se	Na	Zn
Cardiovascular - heart, circulation		x	X	x	x	x	x	x
Digestive - stomach, gut, liver, etc	x	x	x	x	x	x		x
Endocrine - hormone production	x	x		x		x		x
Immune/ Lymphatic - defence		x	x			x		x
Integumentary - skin, hair, nails		x		x		x		x
Muscular - 650 muscles		x	x		x		x	
Nervous - brain, s/cord, nerves	x	x	x	x	x	x	x	x
Reproductive - sex organs	x	x	x	x	x	x	x	x
Renal/Urinary - bladder, kidneys				x	x		x	x
Respiratory - lung function		x	x		x	x		x
Skeletal - bones, joints, tendons			x	x	x	x	x	x

Signs to look for

Signs of iodine deficiency:

Lethargy and tiredness
Feeling cold (even on warm days)
Difficulty concentrating, poor memory
Unusual weight gain
Hair loss, thick puffy dry skin
Enlarged thyroid or goitre

Signs of iron deficiency:

Unusual tiredness
Paleness
Shortness of breath
Headaches & dizziness
Heart palpitations
Mouth and tongue sores
Dry and damaged hair and skin
Restless legs

Signs of magnesium deficiency:

Physical and mental fatigue
Persistent eye-twitch
Tension in the upper back, shoulder and neck
Headaches
Pre-menstrual fluid retention/ breast tenderness
Gastrointestinal and/or renal disorders

Signs of manganese deficiency:

Impaired reproductive function
Impaired glucose tolerance
Altered carbohydrate and lipid metabolism

Signs of potassium deficiency:

Adrenal fatigue
Hypertension
Muscle cramping
Kidney stones

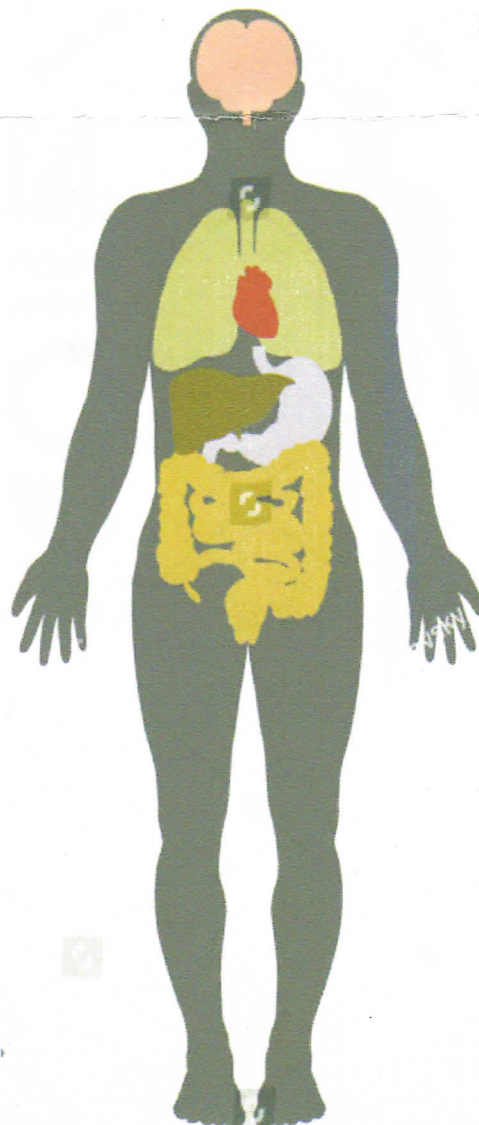
Signs of selenium deficiency:

Accelerating hair loss
Discolouration of the nails and skin
Consistent tiredness
Brain fog

Signs of zinc deficiency:

Fertility problems
Hypothyroidism
Increased rates of diarrhoea
Skeletal abnormalities
Defects of the skin and gastrointestinal tract
Reproductive system issues
Poor immunity

'Symptoms are just tissues crying out for attention' – Dr Igo Tabrizian



Our indications for use

Potassium, sodium* and **magnesium** ions are electrolytes that balance the body's water and **acid/base levels**, move nutrients into cells, move wastes out of cells, and with calcium **help promote healthy muscle tone**.

Iron has hundreds of biological functions including **promoting red blood cell health** and **assisting in red blood cell production** with **zinc**. Iron and zinc also make up critical components of antioxidant enzymes; along with selenium they **improve immune defence**.

Iron is a component of blood haemoglobin that transfers oxygen from the lungs to muscles, and carries away carbon dioxide. In glucose conversion to ATP, the body's energy currency, a **manganese** enzyme, MnSOD, provides anti-oxidant protection to cell mitochondria, and **magnesium** helps stabilise the reactions. So all three minerals **maintain energy production** in our cells.

Iodine is a key component of, and **assists**, **thyroid hormone production** and **maintains healthy reproductive hormones** as well as **supports nervous system function** alongside **magnesium** and **selenium**. A co-factor in more than 300 enzymatic reactions, magnesium has been shown to **promote healthy sleep patterns**.

As a cell-membrane antioxidant, **zinc helps reduce free-radical damage to body cells**. **Zinc** also **helps maintain healthy hair follicles**, and **improves nail strength and thickness**.

* As sodium bicarbonate in Percy's Powder®

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