



# HELP YOUR BODY BE AT ITS BEST

## WITH QUALITY MINERAL SUPPLEMENTS FROM SOLGAR

MINERALS HELP SUPPORT:  
BONE, JOINT, & MUSCLE HEALTH\*  
ANTIOXIDANT & IMMUNE HEALTH\*  
ENERGY METABOLISM\* AND MORE\*



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.





## WHY MINERALS?

**Minerals support growth and development and ensure our bodies function optimally.\*** Minerals are necessary to support healthy bones and teeth, help transmit information along nerves, help determine the balance of fluids in our body, and in some cases help the body to make hormones. Because the human body cannot make minerals, we rely on a healthy and well-balanced diet to provide these body nourishing nutrients.

**Everyone needs minerals.** Most U.S. adults are not getting sufficient amounts of essential nutrients from a balanced daily diet.<sup>1</sup> That's why, for many of us, mineral supplementation may be beneficial for closing the nutritional gap.

**Based on the daily dietary requirements, minerals can be divided into two categories: major and trace minerals.** These are also sometimes referred to as macrominerals and microminerals. The major minerals include calcium, phosphorous, potassium and magnesium. These are considered major minerals because the estimated dietary need for them is 100 milligrams or more per day. Trace minerals include iron, zinc, iodine, chromium, and selenium. The estimated dietary need for these is less than 100 milligrams per day.

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## SOLGAR® OFFERS A WIDE RANGE OF PREMIUM MINERAL SUPPLEMENTS

**CALCIUM** is found in dairy products, fish with edible bones, and leafy green vegetables like broccoli and kale. It is the most abundant mineral in the body, representing between 1.5-2% of total body weight, stored mainly in bones and teeth.<sup>2</sup> Along with being needed for healthy and strong bones, calcium ensures muscles and nerves work properly too.\* Supporting healthy bones starts in childhood and adolescence. Getting enough calcium when we are younger leads to a more well-developed bone structure as we get older, and continuous intake is necessary for maintenance as we age.<sup>3</sup>

**MAGNESIUM** is found in green leafy vegetables, avocados, raspberries, and in nuts and seeds. It is the fourth most abundant mineral in the body<sup>4</sup> and some studies suggest that up to 75% of US adults may be getting less than they need every day.<sup>5</sup> Magnesium is essential for bone mineralization, helps muscle contraction and relaxation, and supports energy metabolism in the body – perfect for athletes and for unwinding after a busy day.\* Magnesium is a heart-healthy mineral too – helping to support a normal heart rhythm.\* Magnesium also plays a vital regulatory role in the central nervous system and supporting nerve cell function.\* Recent studies on magnesium supplementation have also shown that it can help support occasional stress relief, and a calm, relaxed mood.\*

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## SOLGAR HAS THE RIGHT MINERAL SUPPLEMENT TO COMPLEMENT YOUR HEALTH, DIET, AND LIFESTYLE

**IRON** is present mostly in animal protein like lean meats and seafood, but also in nuts, tofu and white beans in smaller amounts. Iron helps make hemoglobin, the crimson pigment in red blood cells that helps carry oxygen around the body. Iron also helps energize the body. Athletes may need more iron to support oxygen transport to muscles so they can keep exercising.\* Iron supplementation may be important for individuals who follow plant-based diets and menstruating women as both groups may be more vulnerable to iron deficiency.



According to the 2015 Dietary Guidelines for Americans, adolescent girls and women ages 19 to 50 years/of childbearing age do not get an adequate amount of iron. For this reason, low intake of iron is considered a public health concern for young children, women capable of becoming pregnant, or women who are pregnant.

**CHROMIUM** is a trace mineral found mainly in meat, whole grains, broccoli and potatoes. Chromium supports energy, protein, and fat metabolism.\* It's also known to support the action of the blood-sugar-lowering hormone insulin... helping to keep blood sugar levels stable.\* When blood sugar levels are stable, cravings and wrong food choices may be less likely.\*

**SELENIUM** is found in Brazil nuts, tuna, sardines and eggs. This trace mineral is critical for thyroid hormone regulation. It supports the conversion of inactive thyroid hormone into its active form. Thyroid hormone works in every cell to increase metabolic rate and affects how cells use energy. In addition, selenium acts as an antioxidant and fights against free radicals.\* Free radicals can cause oxidative stress, which may lead to premature aging. Selenium supplementation can help maintain prostate health.\*

**ZINC** is found mainly in red meats and seafood, especially oysters and mollusks. It's also found in poultry and dairy products. These animal products represent the majority of the dietary intake of most U.S. adults; however, some populations such as the elderly and vegetarians may not consume sufficient amounts to meet recommendations. While being a trace mineral, zinc is found in all of the body's organs and tissues. It's also involved as a component of more than 300 enzyme systems, which is more than all other trace minerals combined.\* It's essential for the formation of DNA, the cell's genetic material, and cell division and growth.\* It's also important for the synthesis of collagen in bone tissue, immune function, and reproductive and sexual health.\*

**COPPER** is found mainly in organ meats and seafood, but also in plant foods including nuts, seeds, potatoes, whole grains, and cocoa. Compared to other trace minerals, copper is found only in minute amounts in the body. However, it's critical as a cofactor for several enzyme systems that are associated with cardiovascular function and assisting iron in the body's process for releasing energy.\* It's also involved in the formation of collagen for connective tissues like skin, bone, cartilage, and tendons.\*

**MANGANESE** is found in whole-grain cereals, dried fruits, nuts, and leafy vegetables.\* Like other trace minerals, manganese is involved in many enzyme systems.\* These include the function of antioxidant enzymes in cells, the production of cartilage compounds in bones and joints, and in the process of protein formation in muscles, body organs and tissues.\*

**MOLYBDENUM** is mainly found in legumes, meat, fish, and poultry. It's also found in minor amounts in cereal grains, nuts, vegetables, fruits, and dairy products. The main role of this trace mineral is its key involvement in enzyme systems related to antioxidant function and amino acid metabolism.\*



# MINERALS FROM SOLGAR OFFER BENEFITS FOR EVERY BODY.\*

	Support Bones, Joints and Muscles*	Antioxidant Support*	Support Energy Metabolism*	Support Fluid/ Electrolyte Balance*	Support Immune System*	Support Brain and Nervous System*
MACROMINERALS						
Calcium	✓					
Phosphorus	✓					
Magnesium	✓		✓			✓
TRACE MINERALS						
Iron			✓			✓
Zinc	✓	✓	✓		✓	
Copper	✓		✓			
Selenium		✓			✓	
Chromium			✓			
Manganese	✓	✓				
Molybdenum		✓	✓			

## THE SCIENCE OF NATURE – WHY CHOOSE CHELATED MINERALS?

In nature and in our food, all minerals are chelated. “Chelation” of minerals simply refers to a mineral being organically bonded to an amino acid. These amino acid chelates are gentle on the stomach and more easily absorbed during the digestion process.\* Solgar offers an extensive line of mineral products in chelated form. These include calcium, magnesium, iron, zinc, copper, manganese, and molybdenum. It’s better, smarter nutrition in a way that is more effortlessly used in the body.



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## “SOLGAR”.... THE GOLD STANDARD IN MINERAL SUPPLEMENTS

FOR OVER 70 YEARS, WE’VE STRIVED TO CRAFT OUR  
MINERALS TO THE HIGHEST AND CLEANEST STANDARDS.

We’ve scoured the world for the best sources. People who, like us,  
have a passion for what they do and know what they’re doing.

WE CRAFT IN SMALL BATCHES, WHICH TAKES MORE  
TIME, BUT IT ENSURES THE GREATEST FRESHNESS.

And, we keep believing in “clean.” We look to avoid artificial ingredients  
unnecessary, fillers, binders, or colorings. We use filtered water and we  
even filter the air in our facility to remove 99.9% of airborne particulates.

Most of our products are gluten-free, Kosher and Halal certified. And,  
we’ve been thinking Non-GMO before most people knew what GMO was.

Every single thing we do, every decision we make is based on what we  
believe are the right ingredients for wellness. Why do we craft our minerals  
the way we do? Because we know you wouldn’t have it any other way.



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Solgar's KOF-K certification # K-1250.  
Certified gluten-free product.  
Halal-certified product.



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