Mineral Supplement Capsules

IN-SYNC Mineral Capsules.

IN-SYNC Mineral Capsules have been developed by a New Zealander who has added some extra selenium and iodine (in form of kelp extract) to compensate for New Zealand’s extra low levels in our soils. They are formulated for New Zealanders and made here in New Zealand in a formulation that means that **3 capsules a day** will provide the required daily dose for your trace minerals rather than having to take a zinc pill, iodine drops, iron tablets, copper, etc etc etc…………..

**They are efficient**-3 capsules a day.

**They are effective** as it is in vegetative colloidal form making the minerals 95% available.

**They are economic.** $50 for 180 capsules is 60 days supply for less than a dollar a day.

The human body requires minerals for health and to survive

They are extracted from the food we eat, and that food extracts them from the soil. For the last few hundred years our “developed’ agricultural farming methods have progressively stripped minerals from the soil we farm and have only replaced some of these minerals, mainly by way of NPK artificial fertilizers, containing only nitrogen, potassium and phosphorous.

The lesser minerals are disappearing from our foods. For example a modern carrot contains only 5% of the copper that a carrot contained 50 years ago.

**This means it is no longer possible to obtain an adequate intake of all the minerals required for a healthy body from todays modern “balanced” diet.We need to supplement to obtain this adequate level of mineral intake.**

This is difficult as there are over 77 different minerals used by our bodies and we end up trying to take a large number of different pills and capsules to achieve this balanced mineral intake **and** many of these supplements are extracted from mineral rock from which our body is able to utilize as little as 5% of the minerals.

The recent development is **mineral capsules based on vegetative shale**, which is old primeval forest which has not decomposed into coal and oil. This old vegetation contains a full range of minerals as it grew in a time when the soil had not been depleted of its proper range of minerals. When processed by soaking in fresh water it is able to offer these minerals to our body in **colloidal form** which is in particle size many times smaller than mineral extracted from rocks and thus much easier for the body to absorb.ie up to 95% available.

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