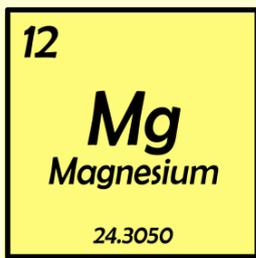


7 MINERALS

Crucial to Adrenal Function

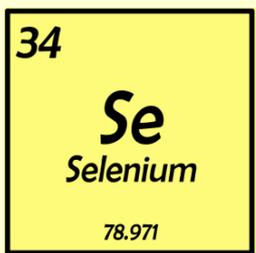
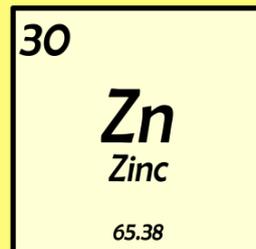


Magnesium

Magnesium is vital to the energy creation process, and also acts like a spark plug for your adrenal glands. However, those with adrenal fatigue are typically deficient in magnesium. In fact, the adrenal glands are so dependent on the presence of magnesium that it is crucial for recovery from adrenal fatigue.

Zinc

One of zinc's best-known functions is as an antioxidant, protecting cells, including immune cells, from damage by free radicals. Free radicals are unstable molecules responsible for tissue damage and signs of aging. They are generated from exposure to pollutants, toxins, and even by the body's normal metabolism and production of hormones such as cortisol and progesterone.

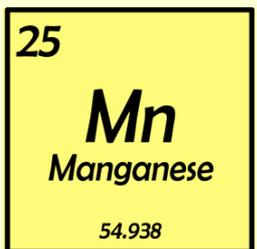
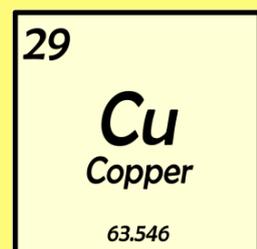


Selenium

Selenium is vital to several aspects of human metabolism, especially those involving immunity. Deficiency in this trace mineral can also be a contributing factor for adrenal fatigue.

Copper

The copper-dependent enzyme, cytochrome c oxidase, plays a critical role in cellular energy production. This is done by catalyzing the reduction of molecular oxygen (O₂) to water (H₂O).

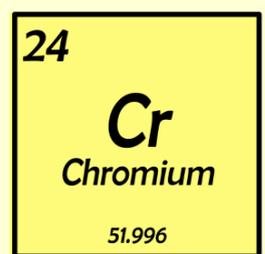
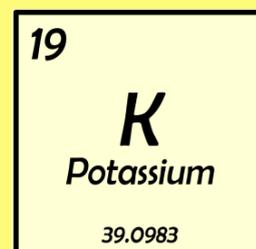


Manganese

Manganese is used by the body in key biochemical reactions, such as the manufacture of insulin (with the help of cortisol, released from the adrenal glands) and some functions of the hypothalamus. It's also a critical component in the structure of tendons, ligaments, and joint tissue.

Potassium

Potassium is one of the most abundant minerals found inside the cell. During adrenal fatigue, potassium levels can be abnormally high, so the balance of sodium and potassium is extremely important for people with adrenal fatigue.



Chromium

This trace mineral is critical to the body's function of blood sugar management. Chromium, along with the adrenal hormone cortisol, is necessary for the production of insulin.