

MIGHTY MINS

Mighty Mins is for children what Activator is for adults. It provides a broad base of nutrition support essential for every child from age 6 months through adolescence.

Mighty Mins provides each child with a full compliment of vitamins, minerals and trace minerals in their most bio-available and bioactive forms. All these essential nutrients are found in proportions which will not alter the **Five Fundamental Biochemical Balances**.

Furthermore, the proportions of trace minerals to vitamins is such that the vitamins will not deplete the body of trace minerals. Trace minerals are every child's greatest nutritional liability. Supplementing with these trace minerals is critical for two reasons. Trace minerals have been depleted from our soils and are thus no longer obtainable from our food. The other reason the trace minerals in **Mighty Mins** are so important is that a child needs far more trace minerals than an adult. This need must be met to assure proper development of the brain and nervous system, of the hormone system, of the cardiovascular system, and of the musculoskeletal system.

Special ingredients not commonly found in children's multiples:

- **Vitamins B1, B2, & B6**, in their biologically active coenzyme form.
- **Ascorbyl Palmitate**, a fat-soluble form of vitamin C for maximum bioactivity

- **Chromium Nicotinate**, for its beneficial effects on sugar levels & muscle metabolism.

- **Vanadium (as BMOV)**, for its beneficial effects on sugar levels.

- **Rutin**, a bioactive flavonoid antioxidant.

FOUR WAFERS SUPPLY:

Vitamin A (as retinyl palmitate & 57% from beta-carotene)	1050 mcg
Vitamin C (as ascorbic acid & 50% as ascorbyl palmitate)	40 mg
Vitamin D (as cholecalciferol)	20 mcg
Vitamin E (as d-alpha-tocopheryl succinate)	18 mg
Thiamin (as thiamin pyrophosphate)	0.2 mg
Riboflavin (as riboflavin-5-phosphate)	1 mg
Niacin (as niacinamide)	15 mg
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	1.5 mg
Folate (as folic acid)	500 mcg
Vitamin B12 (as cyanocobalamin)	3 mcg
Biotin	30 mcg
Pantothenic acid (as D-calcium pantothenate)	6 mg
Calcium (as calcium citrate)	150 mg
Iron (as ammonium ferric citrate)	5 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc citrate)	10 mg
Selenium (as sodium selenite)	50 mcg
Copper (as copper citrate)	1 mg
Manganese (as manganese citrate)	1.5 mg
Chromium (as chromium nicotinate glycinate chelate)	40 mcg
Molybdenum (as sodium molybdate)	50 mcg
Rutin	30 mcg
Silica	10 mg
Benfotiamine	2 mg

Other ingredients: Sweetener blend (sucrose, sorbitol, fructose), natural flavors, stearic acid, coconut oil complex, citric acid and magnesium stearate.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

