



Product Information Sheet

Purple Cushhh Organic Minerals

60 Capsules (1-2 capsules before breakfast or as prescribed by your health practitioner)

Increases energy levels, Relieves muscle cramps, Promotes hair growth, May heal brittle nails, May support Osteoporosis, Promotes stamina, Promotes strong bones, May keep you healthy

Ingredients

Organic Certified Plant derivative Minerals, Calcium, Magnesium, Iron, Zinc, Biotin, Potassium, Copper, Manganese

Organic Minerals supports the relief of muscle cramps, promotes hair growth and may heal brittle nails. Organic Minerals also increases stamina and energy levels. It promotes normal heart beat and bone growth.

A mineral is a chemical element required as an essential nutrient by an organism to perform functions necessary for life. The minerals are catalysts for vitamins and other nutrients that the body uses for promoting and maintaining good health. Minerals are not manufactured in the body but the amount of minerals needed is obtained from a very wide variety of food.

Organic Minerals contain **Calcium** which supports muscle function, keeps bones healthy and enables our blood to clot when there is a wound that needs healing. **Magnesium** is a mineral that's important for both bone structure and health. It also helps to keep blood pressure normal. Iron is best known for the purpose of carrying oxygen in the hemoglobin of the red blood cells. It is crucial for pregnant woman and also in the development in early childhood.

Biotin is a B vitamin that helps the body convert food into energy.

Potassium helps regulate muscle contractions and nerve signals.

Copper helps maintain health, bones, blood vessels, nerves and immune function. It aids in the formation of bone and cartilage and it also helps the body to use iron properly.

Manganese helps for motion of connective tissue and promotes blood clotting factors. This helps to activate many enzymes in metabolism and plays a role in a number of chemical processes in the body, such as protein and amino acid digestion and utilization as well as the metabolism of cholesterol and carbohydrates.

