Min-Chex®

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Please Copy for Your Patients

Min-Chex Contains Iodine, Pyridoxine Hydrochloride, and Niacinamide to Help Keep the Nervous System Healthy

The ingredients found in Min-Chex are combined to induce a natural calming effect by exerting their individual influence on specific parts of the central nervous system. Iodine, discovered in 1811, is a trace element and an essential micronutrient. Approximately 80 percent of the body's iodine content is found in the thyroid gland, where its sole purpose is to form a significant portion of two important hormones that greatly affect the body's rate of metabolism and regulate normal physical and mental growth and development. While the total quantity of iodine needed in an entire lifetime is little more than a teaspoon, iodine cannot be stored and must be ingested regularly to support thyroid hormone production. Kelp contains vitamins and minerals, such as B-complex vitamins and iodine–nutrients needed by brain tissue, the membranes that surround the brain, the spinal cord, and sensory nerves. Soybeans provide a source of lecithin–considered "brain" food due to its high concentration in cell membranes and in the protective sheaths surrounding the brain.†

Introduced in:

1963

Content:

90 Capsules

How Min-Chex Keeps You Healthy

Keeps the nervous system healthy

Specific vitamins, minerals, and trace elements have a direct relationship to and impact on individual components of the central nervous system. Calcium and magnesium work together to promote tranquility and relieve anxiety. The B-complex vitamins are essential to nervous system function. Pyridoxine is needed to manufacture certain hormones that regulate brain function. Both pyridoxine and niacinamide have a calming influence on the nervous system. These B-complex vitamins aid in energy production and help maintain emotional balance.†

Supplement Facts:

Serving Size: 1 capsule
Servings per Container: 90

		%DV
Calories	3	
Calcium	20 mg	2%
Niacin	25 mg	130%
Vitamin B_6	5 mg	250%
Iodine	300 mcg	200%

Helps maintain mood against the stress of everyday life

A diet lacking sufficient vitamins and other important nutrients can affect mental as well as physical well-being. Eating fast foods high in refined fat or junk foods that are low in essential nutrients instead of foods that provide these nutrients reduces the level of neurotransmitters in the brain. Neurotransmitters help regulate behavior and are closely linked to emotional reactions and overall emotional health. Dopamine, serotonin, and norepinephrine are the neurotransmitters linked to mood. The B-complex vitamins found in Min-Chex promote cerebral circulation and help maintain normal chemical levels in the brain.†

Maintains emotional equilibrium

The B-complex vitamins have a calming effect on the nervous system, helping to moderate reactions to life's normal ups and downs.†

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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Min-Chex®

What Makes Min-Chex Unique

Unique Product Attributes

Multiple nutrients from a variety of plant and animal sources

- Unique blend of kelp, bovine orchic Cytosol™ extract, and other whole food concentrates help induce a moderate, natural, calming effect
- Extracts from bovine, ovine, and porcine tissue provide nutrients and support to the corresponding tissues in humans
- Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect†

Unique Processing

Exclusive low-temperature, high-vacuum drying technique

- Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- The nutrients in Min-Chex are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature–in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists–known and unknown–bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Each capsule supplies 95 mg bovine orchic Cytosol™ extract, 25 mg niacinamide, and 5 mg vitamin B_6.

Proprietary Blend: *Kelp, bovine orchic Cytosol™ extract, magnesium citrate, manganese lactate, bovine liver, porcine stomach, soy (bean), bovine spleen, ovine spleen, defatted wheat (germ), porcine brain, and ascorbic acid.*

Other Ingredients: *Calcium lactate, gelatin, niacinamide, water, potassium para-aminobenzoate, pyridoxine hydrochloride, calcium stearate, and colors.*

Suggested Use: *One capsule ½ hour before each meal, or as directed.*

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. ***See the supplement facts for Min-Chex®.***

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