

# Min-Tran®

## Contains Mineral Complexes From Vegetarian Sources to Promote Emotional Balance and Maintain Inner Harmony

An estimated 15 million Americans are affected by some degree of mood change and the numbers continue to grow. Feelings of sadness or emotional turmoil can occur when the mechanism in the brain designed to adjust mood in response to different degrees of stress, fails to respond. Since the brain is an intricate and complicated organ that requires a number of nutrients in order to function properly, diet greatly influences the brain's ability to function at optimal capacity. The mineral complexes found in Min-Tran support nervous system health and help stabilize levels of important neurotransmitters that are associated with mood. Min-Tran, a natural calmativie, can help create and sustain a more tranquil mood on the inside to help keep reactions to life's challenges on the outside in greater balance.†

### How Min-Tran 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. Iodine, found in kelp, helps keep both the brain and its surrounding membranous tissues, sensory nerves, and the spinal cord healthy. Calcium and magnesium work together to promote tranquility and relieve tension. The thyroid hormones, comprised in part by iodine atoms, boost the rate at which the body's cells use oxygen and organic molecules to produce energy and heat. The thyroid hormones directly affect the maturing and day-to-day well-being of both the skeletal and central nervous systems. Potassium is essential for nervous system function. It plays an important role in chemical reactions inside cells and transmits electrochemical impulses, which support cognitive ability and stabilize mood.†

#### *Supports a healthy emotional outlook*

A diet lacking in sufficient vitamins and other important nutrients can affect mental as well as physical growth, development, and overall health. Eating fast foods high in refined fat or junk foods that are low in essential 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. When the nervous system is functioning properly, these important neurotransmitters are produced and released in appropriate amounts to help adjust mood appropriately and prevent mood swings.†

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)  
 †These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 1960



**Content:**

- 90 tablets
- 330 tablets
- 800 tablets

**Suggested Use:** Four tablets per meal, or as directed.

**Supplement Facts:**

Serving Size: 4 tablets  
 Servings per Container: 22, 82, or 200

	Amount per Serving	%DV
Calories	5	
Total Carbohydrate	1 g	<1%*
Calcium	120 mg	10%
Iodine	200 mcg	135%
Magnesium	19 mg	4%

\*Percent Daily Values (DV) are based on a 2,000-calorie diet.

**Ingredients:** Calcium lactate, kelp, magnesium citrate, alfalfa (whole plant), water, and calcium stearate.

**Sold through health care professionals.**



# Min-Tran®

## What Makes Min-Tran Unique

### Product Attributes

Contains a unique combination of specific vitamins, trace elements, and minerals, such as calcium, potassium, and magnesium

- › This formula has a direct impact on the healthy functioning of the central nervous system†

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed-control standards, and continually monitoring the health of our plants

- › Assures the soil is laden with minerals and nutrients
- › Ensures plants are nutritionally complete and free from synthetic pesticides

### Manufacturing and Quality-Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- › Preserves nutritional integrity

### Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

### Not disassociated into isolated components

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

Degreed microbiologists and chemists in our on-site laboratories continually 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

Our founder, Dr. Royal 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 isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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-Tran®.

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