

Do we need to take mineral supplements?

In a word - **YES!**

Why?

Because researchers have demonstrated that it is impossible to obtain the minerals and trace elements that our bodies need to sustain optimum health from the food we eat.

According to a recent study modern farming methods have caused a dramatic reduction in essential minerals and trace elements in our food. The researchers discovered that:

- There is up to 75% less calcium & 93% less copper in fruits & vegetables
- Runner beans which used to contain a significant amount of sodium (vital for nerve and muscle tissue) have almost no trace of it at all
- Broccoli has 75% less calcium (essential for building healthy bones and teeth)
- Spinach has 60% less iron than 50 years ago
- Carrots have 75% less magnesium (which protects against heart attacks, asthma and kidney stones).

Research showing five decades of falling nutritional levels in our food			
Vegetables	Loss of Minerals %	Fruits	Loss of Minerals %
Runner beans	nearly 100% of sodium	Orange	67% of iron
Watercress	93% of copper	Avocado	62% of sodium
Carrots	75% of magnesium	Strawberry	55% of calcium
Broccoli	75% of calcium	melon	45% of magnesium
Spring onions	74% of calcium	Passionfruit	43% of potassium
Swede	71% loss of iron	Raspberry	39% loss of calcium
Spinach	60% loss of iron	Blackberry	35% loss of calcium
Potatoes	47% loss of phosphorus	Rhubarb	32% loss of potassium

Are you getting enough magnesium & calcium to keep you healthy?

"According to the U.S. National Academy of Sciences (1977) there have been more than 50 studies, in nine countries, that have indicated an inverse relationship between water hardness and mortality from cardiovascular disease. That is, people who drink water that is deficient in magnesium and calcium generally appear more susceptible to this disease. The U.S. National Academy of Sciences has estimated that a nation-wide initiative to add calcium and magnesium to soft water might reduce the annual cardiovascular death rate by 150,000 in the United States."



Dr. Linus Pauling, renowned scientist and two time Nobel Prize Winner said:

"You can trace every ailment, every disease, every sickness to a mineral deficiency"



Phillip Day - internationally renowned author and medical researcher. Director of Credence Publications, an independent UK research and publishing organisation that reports on contentious public issues.

"If you start looking at the main killers in our society today, coronary heart disease, cancer, diabetes, and osteoporosis - these diseases are all linked to inadequate nutrition. I defy any properly trained doctor or nutritionist to go against that and to deny it."

THE FACTS

Year 1936

"No man can eat enough fruits and vegetables, fish or meat to supply his system with the minerals he requires for perfect health, because his stomach isn't big enough to hold them."
[US Senate Document No 264 \(1936\)](#)

Year 1977

"...a varied diet will NOT provide all the ESSENTIAL trace elements." [US Department of Agriculture Report \(1977\)](#)

Year 1992

"there is deep concern over continuing MAJOR declines in the mineral values in farm and range soils, throughout the world." [1st Earth Summit, Rio de Janeiro \(1992\)](#)

It was summarised by US Congress as: "Never have so many people been so well fed - and yet so badly nourished."

MINERAL DEPLETION FROM SOIL OVER THE PAST 100 YEARS!

Over the past century, intensive farming practices have led to a depletion of minerals from the soil. The minerals have simply been taken but have not been fed back into the soil. There has been a major depletion in mineral content all over the world and, as a result, the food we eat - even "organic" does not provide us with sufficient minerals for optimum health and well-being. Just look at the figures of mineral depletion:

North America...85%
South America...76%
Asia...76%
Africa...74%
Europe...72%
Australia...55%

Expert nutritionist, David Thomas, believes that these reductions are a direct result of modern farming practices using massive amounts of fertilisers on the soil, which encourage plant growth at the expense of mineral content. Mr. Thomas said, **"We are made up of these substances. If they are deficient then the body cannot cope as well as it would otherwise."**

CONCLUSIONS



The conclusions were based on data from a comprehensive study of the contents of all major foods dating back to the 1940's. Certain trends were compared using figures from over a 50 year period. Similar trends were shown in the British food Journal 1997 when data between 1930 and 1980 was compared.



Professor Tim Lang from Thames Valley University, the renowned Centre for Food Policy, is quoted as saying that the results revealed an important trend which needs to be exposed. Plant breeders have been trying to develop fruits and vegetables that look nice, resist disease and can stand being shipped half way around the world without decomposing.

They are less concerned about the minerals in our food and, as a direct result, more and more people are dying from chronic degenerative diseases such as heart disease and cancer.

However, many commercial supplements are made of metallic minerals and are not supplied in a balanced formulation. Studies have shown that of 1000mg of calcium, only 42mg is assimilated. Minerals and trace elements need to be bio-available.

The best form of mineral is "ionic", which is how a mineral is found in plants and vegetables (provided the mineral is first in the soil!).

So, what can we do to safeguard our (and our family's) health and ensure that we receive sufficient minerals and trace elements/electrolytes on a daily basis?

The answer is simple: take a good IONIC mineral supplement - according to independent research at NASA, "there is ONE product that stands head and shoulders above the rest" - in fact it is FIVE HUNDRED times more effective than the next best product. That product is Xtreme X2O! Read on to find out more?

THE SOLUTION - XTREME X2O

Every Sachet of Xtreme X2O contains calcium, magnesium, and over 70 trace minerals. These essential minerals (electrolytes) become ionic in water allowing them to be absorbed quickly and easily by your body

- 100% natural - Suitable for vegetarians & vegans
- Suitable for people of ALL ages
- Easy to take - NO taste - simply add to water or juice
- Shown to be over 500x (FIVE HUNDRED TIMES!) more effective than the next competing product! No other mineral/sports electrolyte drink or mineral supplement comes close!

Independent research at Langley Laboratories at NASA compared Xtreme X2O to 13 other mineral/electrolyte products (see separate sheet). The researchers found:

1. **X2O** was found to be 500 (FIVE HUNDRED) times more alkaline than the next closest product! **Yeast, fungus, bacteria, mould and viruses can only survive in an acidic base - they cannot survive in an alkaline base!**
2. **X2O** was the ONLY product to register minus readings on the ORP meter (Oxygen Reduction Potential, which is an indicator of how bio-available and bio-absorbable a product will be in the body. Minus is better than positive on the ORP scale!)
3. After drinking 1gm of Xooma's **X2O**, the ohm of human test subjects dropped from 500ohms to 40ohms. When 1 gm of the other sample products was added to water and then consumed, there was NO appreciable difference in the ohm reading. Ohm is a unit of electrical measurement which demonstrates the amount of electrical resistance of a substance. The lower the reading the easier it is for electrical impulses to be conducted through the tissues and fluids of the body and therefore the metabolic processes are more efficient.

X2O was the ONLY product that returned the blood serum of test subjects from highly acidic to, high blood Rouleau condition to a highly alkaline, NO Rouleau condition. A high Erythrocyte Rouleau means that blood cells are sticking together and are unable to carry much oxygen. Low Rouleau means that the red blood cells do not stick together and have a high oxygen carrying ability!

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that:

- 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic mathematics and difficulty focusing on the computer screen or on a printed page
- **Drinking 5 glasses of water daily:**
 - **decreases the risk of colon cancer by 45%**
 - **can slash the risk of breast cancer by 79%**
 - **decreases the risk of bladder cancer by 50%**

If your health is important to you, you can now see why it is not only important to drink plenty of water, but why you need to add Xtreme X2O to it.

