



NATURAL MINERAL DRINK

alpine moor minerals

THE WELLNESS PROBLEM

For all manner of reasons - particularly diet and lifestyle choices - we may not receive all of the nutritional requirements our body needs to operate at optimum efficiency and underpin our overall wellbeing.

Good nutrition is a cornerstone of good health. Although the body can manufacture a few vitamins, it cannot manufacture minerals or trace elements. When the body is unable to obtain the nutrients, minerals and trace elements it requires to ensure proper functioning in sufficient amounts, the long-term effects may affect general wellbeing or lead to conditions associated with inadequate nutrition.

Under these circumstances, holistic supplementation may be the perfect answer to maximise the potential for optimum wellbeing.

THE MODERE SOLUTION

Natural Mineral Drink is a naturally occurring drink containing a multitude of minerals to assist normal bodily functions and support modern lifestyles. A simple and effective way to include plant derived phytonutrients in the diet; Natural Mineral Drink's active ingredients are sourced from the unique Neydharting Moor in the Austrian alps.

The 'Alpine Moor Biomass' is the result of a complex biological process, uninterrupted since the last ice age, where the hundreds of various types of herbs which flourish along the Austrian alpine lakes are washed into the moor along pristine streams. This plant material combines with the minerals deposited onto the lake floor over millions of years to produce the rich natural mix of minerals and trace elements you'll find in Natural Mineral Drink.



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WELLBEING BENEFITS OF NATURAL MINERAL DRINK

Dietary supplementation

- Simple and effective way to include plant derived phytonutrients in your daily diet
- Natural source of dietary minerals and trace elements. Among other constituents, Natural Mineral Drink may contain the following: barium, bismuth, boron, calcium, chromium, cobalt, copper, germanium, gold, iron, magnesium, molybdenum, nickel, phosphorus, potassium, rubidium, selenium, sodium, silicon, silver, tin, titanium, vanadium and zinc
- Natural Mineral Drink contains a multitude of trace minerals to assist normal bodily functions and support modern lifestyles
- Natural Mineral Drink naturally occurring minerals have properties that assist in the balanced absorption and assimilation of the dietary trace minerals

LIFESTYLE TIPS

- Maintain a healthy diet. See Modere healthy lifestyle diet.
- Eat a variety of antioxidant rich coloured vegetables which include cruciferous vegetables and root vegetables. Eat daily serves of dark green leafy vegetables such as kale, spinach, silverbeet, cabbage, rocket etc. Beans, lean beef and raw organic seeds are a good source of several trace minerals. Eat approximately 1 cup of coloured fruits daily including berries and citrus.
- Make sure you're getting enough protein - include a protein rich food with every meal and snack per day. If protein levels are low consider Chocolate Shake Pea Protein Vanilla Shake Pea Protein, Protein Bar Chocolate Fudge.
- Balance your supplements by combining a liquid mineral supplement with an antioxidant, multivitamin and probiotic daily.
- Drink 2 litres of pure filtered water per day.
- Aim for at least 30 minutes of exercise every day. This can help increase energy levels and decrease stress.
- Stress management and reasonable rest and relaxation are important on a daily basis.

COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Digestive Enzymes, Adult Multivitamin, Adult Multivitamin plus Botanicals, Antioxidant Sustained Release, Antioxidant.

FACTS

ACTIVE INGREDIENTS

Alpine moor mineral extract, purified water.

DIRECTIONS FOR USE

Shake the bottle and add 10mL to water before meals. May also be added to food. Refrigerate after opening.

Pack size: 500mL.

Servings per container: 50.

FREE FROM

Milk, gluten, preservatives, added sugars, artificial colours and flavours, soy and yeast. Edible animal oils. Suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

Servings per container: 50		
Serving size: 10mL		
Average quantity	per serving	per 100mL
Energy	Less than 40kJ	Less than 40kJ
Protein	Less than 1g	Less than 1g
Fat, total	Less than 1g	Less than 1g
Carbohydrate	Less than 1g	Less than 1g
- sugars	Less than 1g	Less than 1g
Sodium	Less than 5mg	15mg
Potassium	Less than 5mg	7mg