

LITTLE KNOWN SECRET; The 1999 US Physician's Desk Reference (page 1542) shows that vitamins and minerals in a PILL form are only 10 to 20% absorbed by the body. The reason is due to the high metallic content of these pills. Metallic minerals like oyster shells, carbonates, oxides and dolomites have the consistency of crushed up rocks, which our bodies were not designed to digest. So even if you are taking vitamins and minerals how sure are you that you are absorbing sufficient amounts? The only way to know that for sure is make sure they are capsules, liquid or powder.

The 10-20% absorbed in the body doesn't mean it gets used it just means the body couldn't get rid of it completely so it gets lodged in joints, kidneys, capillaries of eyes, etc. It's grim beyond belief.

Furthermore, the capsules, liquid and powder will not improve a thing unless it's in chemically organic form, i.e. comes with the Carbon atom.

The point to understand about mineral density is that it involves 70 different minerals, not the 17 usually involved in fertility analysis or the three minerals (N-P-K) contained in simplistic fertiliser blends. All of these minerals were included in the original cells from which all life stems, and the human body still requires each and every one of them to operate at peak efficiency. The key point here, which few people understand, is that plant-derived mineral colloids are what the body requires to sustain optimum health and disease resistance. Metallic minerals have bio-availability numbers ranging from 8 to 12%, but plant-derived minerals have a 98% bio-availability. This is why we simply cannot bypass the soil.

Also go to

[www.optimalhealthsystems.com](http://www.optimalhealthsystems.com) and specifically the article on Minerals, Vitamins Enzymes, Energy, at

<http://www.optimalhealthsystems.com/pdf/OHSRSENZYME.pdf>