

DYNAMITE[®] & PLUS FOR ADULTS & CHILDREN

This information was generated by Gold Director Rowan Emrys, C.N.M.T., an independent distributor for DYNAMITE[®] Specialty Products. The views expressed herein do not necessarily reflect those of DYNAMITE[®] MARKETING, Inc. No claims are expressed or implied, and this information is not intended to diagnose, prescribe or cure.

One of the huge differences between these supplements and others on the market, is that there are absolutely *no* inorganic minerals in them. The fact that all the minerals contained in the formulas are amino-acid chelated with the **DYNAMITE[®]** patented process means that far lower quantities of any mineral is necessary for complete bio-availability by the body; that's 100% absorption as opposed to the more common 30% or so. Most supplements will have very high amounts of minerals to be able to get *any* into the body at all with all the remaining inorganic minerals remaining in the system waiting to go to areas of inflammation, form stones in kidneys, clog up livers and bile ducts, or various other nefarious options which inorganic minerals will do. In other words, an overabundance of inorganic minerals will act as toxins in the system. This will not happen with the **DYNAMITE[®]** formulas and that is why the amounts may appear very low to the observant label reader.

As to the difference between the two: the **Regular** (yellow label) is more of a blood builder while the **Plus** (purple label) is more analagous to the general one-a-day vitamins but with some detoxifiers, SOD, trace elements, anti-inflammatories and some antioxidants. Generally speaking, for those wanting more of a "one size fits all" the **Plus** are superb. For those wanting to adjust various supplements for unique, personal use, the **Regular**, along with other supplements in the **DYNAMITE[®]** line, offers more of the build-to-order possibilities. Also, the blood building attributes of the **Regular** seem to help get the body into balance a bit more quickly.

Overall, "less is more" so it is better to start with just one per day of either formula. Build up over a period of time so you won't detox too quickly; you would *not* like it if you did! Take either of these supplements in the day before 3 p.m. unless you work at night. The reason for this is the nutrients can make you feel more energetic and you really do not want to feel energetic before retiring for your daily well-earned rest.

Also, as with most vitamin preparations, take along with food as that will also aid their assimilation.

Remember that supplements are just that: supplements to eating rather than a food replacer. The better your overall diet, the more benefit from your supplements. No supplement can fully make up for a truly bad diet because of the constant influx of toxins and unbalanced nutrients. Follow the guidelines as set forth in "The pH Diet" and all the suggestions and recipes in "Simple Sustenance" as closely as possible and your **DYNAMITE[®]** supplements will work better and better.

It actually is amazing what getting the appropriate minerals (missing in virtually all food unless grown on virgin soil or with **HumiZyme** fertilizers!) can do for a body. Rather than going down a list of symptoms to try to find special supplements for each one, start with the Basics of **Elixir**, **Regular** or **Plus**, and **TriMins** for 3-4 months (it takes 120 days for the blood to "turn over"), along with working on your pH diet, and see where you are at that point. Then, with the advise of your **DYNAMITE[®]** distributor, choose a few of the "Beyond the Basics" items that seem like they might better balance your particular system. ■