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**A** greatly overlooked mineral is manganese. As Steven Harvey says in Minerals: Right on Target, *"Just a trace is all we need, but some of us may not even be getting that trace, especially since **manganese** absorption from most sources is very low. **Manganese** is known to help control some forms of diabetes. It is used to reduce high levels of copper in schizophrenics. It is a cofactor for certain enzymes. some nutritionists have called it the 'love element' because it is important for reproductive function."*

It is this last use that is of import with the increasing infertility rates of this society. During menses or ovulation, there is a far higher demand for manganese in the body. If it is not available through food or supplements, the body will "steal" it from ligaments. This can result in bad hips for many aging women and ligament tears in younger female athletes. Magnesium deficiency can be associated with "snap, crackle & pops" in joints, or even a floppy/"clunky" wrist.

Manganese stimulates the hypothalamus to activate the pituitary to then activate the thyroid. In a cattle study at the University of Maryland with chelated manganese, the supplemented cattle had more follicular activity, earlier conception, fewer bacterial infections, and lower embryonic death rates (abortions) than the control group. In other words, the mineral actually goes through the hormone triggering process. It also is an important mineral for the adrenal glands. Interesting to note, geneticists made seedless (sterile) watermelons by engineering them to be unable to absorb manganese.

**W**e know that manganese in balance (both high copper and iron levels can also suppress manganese efficacy) is important, but it must also be bio-available; the oxide or sulfate forms of minerals are not nearly as well assimilated by the tissues. This is what **DYNAMITE®** offers in its **Magnesium Plus**. ■