

What is the Ideal Mineral Supplement?

The following is an excerpt from a lecture presentation delivered by Parris Kidd, Ph.D. on November 5, 1996 at Mineral Resources International's facilities in Ogden, Utah.

What would be the closest to an ideal dietary mineral supplement? There are some simple guidelines for minerals.

One guideline is that minerals should be given in forms that are stable prior to being consumed so they can be easily freed up and utilized by the body. Colloids, in order to be stable, have to be made very often with proteins and these proteins tend to tie up with the mucous in the intestinal lining and that is going to tie up colloids before they can even begin to release minerals. The best ones [minerals] are salts which then get into a watery medium and come apart from each other. The epithelial cells have specialized proteins that look for the ions to attach to and pull them into the cells.

Minerals should also be given in some degree of proper balance. Even though we don't know what the magic balance is, zinc if it is given without copper over a period of time, will deplete copper from the tissues. It is far less beneficial for the body and, over a period of time, is potentially toxic. The ideal dietary supplement preparation should also minimally contain such toxic elements such as aluminum, arsenic, cadmium and lead.

What is important is that the minerals be dispersed ionically in the liquids so when they are consumed they begin to be absorbed. They can probably begin to be absorbed right in the mouth which has some very big vessels very close to the surface. Then as they go through the stomach, there will be further absorption and, then, finally, there will be the most significant amount of absorption in the intestines.

Mixed mineral products prepared from an inland sea source are pretty close to being ideal because it is free of commercial and organic pollutants. It's a fully ionized product and the existing balance of the product is a very favorable balance for absorption and for biological effect.