



FOUNDATIONAL HEALTH



Features of Min-Tran:

- Contains mineral complexes to support emotional balance*
- Supports a healthy nervous system
- Mild calmative that helps maintain emotional balance
- Helps ease the effects of temporary stress
- Supports the actions of neurotransmitters that regulate mood
- Excellent source of iodine*

behavior and are closely related to emotional reactions and overall emotional health.^{1,12} When the nervous system is functioning correctly, these important neurotransmitters are produced and released in appropriate amounts and may help adjust mood appropriately.^{13,14}

Iodine, the thyroid master

The thyroid is a small but mighty gland influencing metabolism and mood while controlling the thyroid functions. Iodine is a trace element that is present in a wide array of foods, such as fruits, vegetables, and fish, due to iodine uptake from soil and seawater. Iodine that is typically found and functions in its ionic form, is known as iodide. The main roles of iodide in the body are controlling thyroid function and the synthesis of the thyroid hormones T4 and T3.¹⁵

Nutrients for a healthy nervous system

Specific nutrients and phytonutrients have a direct relationship to and impact on individual components of the central nervous system.¹ Iodine, found in kelp, helps keep the brain, its surrounding membranous tissues, sensory nerves, and the spinal cord healthy.¹⁻³ Calcium and magnesium are important for the release of neurotransmitters, and are cofactors for enzymes and cell signaling.^{1,4,5} The thyroid hormones, comprised in part by iodine atoms, boost the rate at which the body's cells use oxygen and organic molecules to produce energy and heat.⁶ The thyroid hormones directly affect the maturing and day-to-day well-being of both the skeletal⁷ and central nervous systems.⁸

Supporting a healthy mood

A diet lacking vital nutrients can affect mental health, physical growth, development, and overall health.^{1,9} It is essential to provide the body with proper nutrition, specifically iodine, to support the generation of thyroid hormones such as T3 & T4.¹⁰ Thyroid hormones (T4 & T3) are key regulators of neurotransmitters (dopamine, serotonin, and norepinephrine) that are linked to mood.¹¹ Neurotransmitters help regulate

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts		
Serving Size: 4 Tablets		
Servings per Container: 82 or 200		
	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Calcium	120 mg	9%
Iodine	200 mcg	133%
Magnesium	20 mg	5%
Sodium	10 mg	<1%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Calcium lactate, kelp, magnesium citrate, organic alfalfa (aerial parts), and calcium stearate.

Available Sizes:

- Min-Tran 330 Tablets
- Min-Tran 800 Tablets

Please consult the actual product label for the most accurate product information

NOTES

DOSAGE AM

PM

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

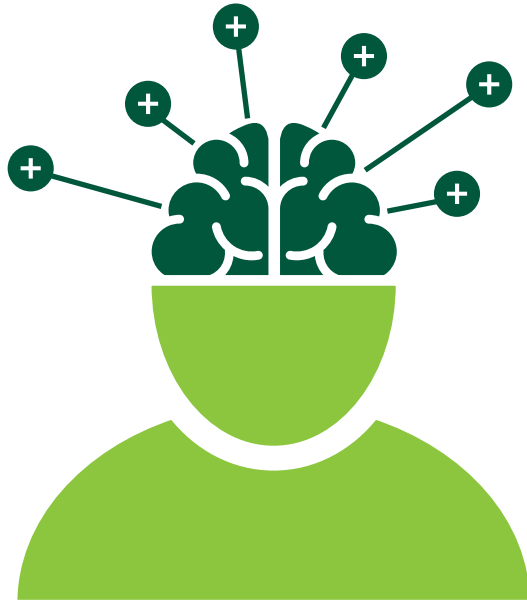


FIGURE 1. An estimated one in nine Americans is affected by some degree of mood change,⁸ and the numbers continue to grow. The brain is an intricate and complicated organ that requires a combination of multiple nutrients to function at optimal capacity.^{1,10} The mineral complexes found in Min-Tran support nervous system health and help promote neurotransmitter activities that are associated with mood.¹⁴

Benefits of Min-Tran

- A natural calmativie, can help promote a more tranquil mood on the inside to help keep reactions to life's challenges on the outside in greater balance.*
- Contains a unique combination of calcium, iodine, and magnesium to support emotional balance.*
- Supports the healthy functioning of the central nervous system.*

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<p>More than 80% of the raw plant ingredients used in our products are grown on our organic and sustainable farm</p>	<p>Freshly picked crops are often processed within a day to maintain vital nutrients</p>	<p>We harvest more than 6.5M pounds of ingredients on our certified organic and sustainable farm</p>
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Healthy Soil. Healthy Plants. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.