

Mineral Deficiency Symptoms

These minerals are included in **The Complete Body Foundation Kit!**

PotasZin

Potassium

Slow reflexes
Weakened muscles
Impairment of heart
Neuromuscular function
Edema
Water retention
Bad circulation
Insomnia
Chronic fatigue
Headaches
Swollen glands
Tissue anemia
Loss of appetite

Cobalt

Fatigue
Slow growing
Myelin sheath damage
Nerve damage
Digestive disorders
Poor circulation
Supports vitamin B-12

Vanadium – Chromium

Obesity
Diabetes
Pre-diabetes
Depression
High blood chol.
Hyperactivity
Hypoglycemia
Anxiety
ADD
High blood pressure

Indium

Depression
Anxiety
Fears
Unstable
Sugar levels
Weight loss
or gain
High blood pr.
Neurological
Problems

Iron

(not included)

Anemia
Energy loss
Fatigue
Brittle nails
Lack of hemo-
globin
Fragile bones
Constipation

Gold

(not included)

Insomnia
Joint inflammation
Gland dysfunction
Arthritis
Brain dysfunction
Hot flashes
Night sweats
Depression

Silver

Warts
Candida
Anthrax
Intestinal

CalMag

Calcium

Arthritis
Acidosis
Muscle contraction
Heart rhythm
Cavities
Cataracts
Enlarged heart
Hormone production
Gall stones
Wound healing
Immune system
Blood clotting
High blood pressure
Stomach acid product.
Osteoporosis
White spots on nails
PH balance
ADD
Bells palsy

Selenium

Heart disease
Heart palpitations
Cardiomyopathy
Multiple sclerosis
Muscular dystrophy
Infertility
Hot flashes
Fatigue
Fibromyalgia
Age spots

Boron

Brittle bones
Osteoporosis
Degenerative
joints
Carpal tunnel
Receding gums

Platinum (not included)

Nerve damage
Lack of mental
alertness
Neuralgia
Chronic fatigue

Magnesium

Depression
PMS
Headaches
Wrinkles
Kidney stones
Cramps
Migraines
Enlarged prostate
Heart weakness
Muscular weakness
Calcification of organs/tissue
Neuromuscular problems
Growth failure
Vertigo
Over excited/hard to control
teens

Copper

Parasites
Anemia
White/gray hair
Brittle hair
Hernias
Ruptured disc
Arthritis
Varicose veins
Hardening of
arteries

Molybdenum

Wrinkles
Baldness
Skin eruptions
Allergies
Kawasaki disease
Liver cirrhosis
Aneurysms
Edema
Hemorrhoids
Multiple sclerosis
Prostate infection
Liver damage
Gout
Impotency
Insomnia
Depression
Bladder infection

Manganese

Carpal tunnel syndrome
Deafness
Gout
Multiple sclerosis
Memory loss
Hearing problems
Infertility

Sulfur

(not included)

Skeletal disorders
Muscle pain
Urinary tract
Disorders
Wrinkles
Asthma
Arthritis
Dry skin
Infection
Inflammation

General muscle and skeletal pain

Iodine

(not included)

Hypo-thyroidism
Scaly or dry skin
Sterility
Hormone imbalances
Hyper-thyroidism
Acne

Germanium

Enhance immune sys.
Red blood cell protection
Arthritis
Neuralgia
Asthma
Cardiac insufficiency
Eliminate toxins

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410-298-2121