

## What is a Colloidal and Rare Trace Mineral?

Everyone is talking about “colloidal” and “rare trace minerals” but has anyone ever explained to you what they are?

Colloids are larger than a molecule but small enough that they remain suspended in a fluid without settling to the bottom. Plants convert metallic minerals into a colloidal. Metallic minerals originate in the soil and rocks and are transferred to the plant through a process called photosynthesis; making them colloidal. They have a negative electrical charge and are the smallest particles that matter can be divided while still maintaining its individual characteristics.

Colloidal minerals are non-toxic because of their plant source and electrical charge.

Dr. Joel Wallach stated, “The most efficient way to absorb minerals is the colloidal form.”

Trace Minerals are those minerals which have been found essential to maintaining life, even though they are found in the body in very small, i.e., “trace” amounts. Most multiple mineral formulas include the major mineral elements required by the body but not all of the trace minerals.

J. I. Rodale, a famous nutritionist, founder of Prevention Magazine and published The Complete Book Of Minerals (in 1972) states, “The name trace minerals seem to indicate a matter of slight importance. Nothing could be further from the truth. Your health is directly proportional to the adequacy of your intake.”

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