

*Most of the nutrient elements we absorb from our food originate from either:

- (a) the soil where the plants are grown or
- (b) the soil, from where the plants that are fed to the animals, are grown.

*Macro-nutrient functions:

SULPHUR - helps make tissue such as cartilage

POTASSIUM - required for insulin secretion, helps balance blood sugar levels

SODIUM - together with Potassium regulates fluid balance

CHLORIDE - essential component of stomach juices

MAGNESIUM - required for energy generation, plays an important part in cell division

CALCIUM - gives strength to bones and teeth

PHOSPHORUS - helps body release energy

*Micro-nutrient functions:

IRON - helps the blood to transport oxygen around the body

MANGANESE - important for bone formation, deficiency can impair growth

ZINC - required for cell division, essential part of wound healing

COPPER - helps maintain hair colour, fights infection, makes hormones

MOLYBDENUM - helps make enzymes that help convert food into energy

IODINE - makes thyroid hormones to keep cells health

SELENIUM - well known antioxidant

CHROMIUM - influences carbohydrate and protein metabolism

COBALT - part of Vitamin B12 that is essential for folate and fatty acid metabolism

The above *nutrient information is taken from Macaulay Land Use Research Institute information leaflet as referenced to the Food Standard Agency.

Scientific analysis shows that, from the above, only Iodine is not included in SEER Rockdust. Whilst further research is needed to understand the full bio-availability of these elements to the plants, the overall health of a wide range of vegetables, fruit, flowers and grass, grown with SEER Rockdust, has been seen to improve.