

## The Impact Of Vitamins And Minerals On Your Health

Good health correlates with a conscious effort of supplying your body's needs. Over the last 15 years, volumes of research coming out of medical school and industry studies have convinced those reading it that vitamin and mineral supplements are

an important part of keeping you well. I takes constant vigilance to ensure that we get all the necessary vitamins and minerals in each days diet. Some of those we lack most are: ZINC—this is involved in over 300 enzymatic reactions in our body from thyroid to immune system. Come try a zinc solution we have to see if you're deficient. If it tastes bitter, you're fine, but I'll bet 97% of you will taste nothing! MAGNESIUM—the vast majority are low on this. It can help relax muscles and also get to sleep. When given with Calcium, absorption goes to almost zero. We have it in a cream to apply. This even helps severe headaches. SALT—refined table salt can decrease pH (makes you more acidic) and drive up blood pressure and edema. Sea Salt increases pH (which is good) and can actually improve health! For more health suggestions visit [Larryspharmacies.com](http://Larryspharmacies.com) or see Larry Durrant at the pharmacy. Have a healthy day!

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