

# Minerals

## Make Tracks for TRAACS®

by Theresa Seaquist-McCarthy

Remember the old children's guessing game of animal, vegetable or mineral? One person thinks of an object and gives clues as to what that object is. Well, minerals like magnesium, calcium, zinc and so on technically fall into the non-living "rock" category. To absorb that rock, your body extracts the mineral content and absorbs it via the GI system. Taking a supplement that is already in an organic, absorbable form and 100% usable eliminates the guessing of what you're getting – and a healthy reason to make tracks for TRAACS®.

### Why does a mineral chelate form matter?

Absorption matters. The right chelate form (Albion) promises to be absorbed up to four times better than mineral salt forms. Since your body requires minerals to function (magnesium for your heart, calcium for bones, etc), taking a form that's biologically available offers more for your health. Bioavailability is the extent to which a nutrient can be used by the body. If you cannot absorb the mineral, it will not be "available" to be used.

### How are TRAACS® organic minerals absorbed four times better?

The biochemistry follows in the next question! The short answer is the special chelation process. The resulting mineral molecule is more bioavailable because it is 1) converted to an organic compound, 2) resistant to interference from other nutrients, and 3) stomach and GI friendly for fewer side effects (nausea, constipation, diarrhea). The physiological benefits include more energy, increased blood ferritin (iron) levels, stronger skeleton – whatever an absorbed organic mineral offers.

### What is a chelate mineral?

Most minerals are inorganic carbonates or salt forms (oxides, sulfates, fumarates, ascorbates to name a few). Inorganic minerals need to be converted by the body to organic molecular structures for absorption to occur. This process is called *chelation*.

The explanation behind mineral chelates and the process of chelation is detailed and specific to the nature of chemistry and how electrons bond to one another. To simplify, we will use analogies and lay terms as much as possible.



A chelate mineral is a mineral bonded or sharing electrons with a *ligand*, also known as an *amino acid*. For example, magnesium glycinate is magnesium (mineral) sharing

electrons with glycine (amino acid ligand). The sharing of electrons is specifically important as it results in a *neutral* molecule that is converted to an organic compound. This neutral organic molecule has an increased absorption potential. What's more, other nutrients (phytates, oxalic acid) which could attach themselves to the mineral and thus block its absorption in the stomach/gut, are *not allowed to be bonded* to the mineral. Another reason why TRAACS® are more GI friendly.

### What is an Albion TRAACS® chelate?

An Albion mineral chelate is 100% nutrient dense and has been 'fully reacted' (bonded). Being 100% nutrient dense means the body utilizes 100% of the molecular structure, both the mineral and the amino acid ligand. Some mineral chelates on the market use picolinate or EDTA as 'ligands' which are not used by the body and must be excreted.



### Can I get my daily mineral quota from food?

Perhaps but not probable unless you measure and calculate all food sources you consume. If you do eat a balanced diet and unprocessed foods, complemented by avid fruit and vegetable juicing; then you would have a higher chance to maintain mineral homeostasis with food. However, since our food sources are mainly processed and our produce grown in depleted soil, sourced globally and picked prior to maturation, optimum intake is unlikely.

### Who is likely to be mineral deficient?

As you read above, even those with optimal diets may not have adequate mineral intake. So people who choose processed and fast foods, little fruits and veggies, high coffee and alcohol intake are likely deficient. Those with

*Continued*



## Minerals: Make Tracks for TRAACS®

*continued*

compromised gastrointestinal function (Crohn's, celiac, irritable bowel), impaired kidney disease and on multiple medications (especially acid reflux meds) are at risk. Athletes who train regularly find themselves deficient in mineral electrolytes as well as people living in warm climates.

### Can medications affect mineral absorption?

Absolutely. Unfortunately one of the most common over the counter and prescribed medications is for acid reflux, agents known as proton pump inhibitors. One of the basic tenets for proper mineral salt digestion and absorption is that minerals require an acidic environment. These proton pump inhibitors effectively reduce stomach acid up to 99%. The chronic long term use of such agents could be a serious detriment to the mineral status. What's more, mineral salts that cannot be digested often cause stomach irritation, GI distress and possibly diarrhea.



### Any other healthy reasons to take Albion?

Minerals are naturally competitive for cell entry. For example,

calcium may “beat out” magnesium for absorption. TRAACS® fully reacted mineral chelates do not compete so both would have equal access. Mineral salts (oxides, carbonates, sulfates, citrates) would compete. Thus, TRAACS® offer a more “balanced” mineral profile for systemic health.



©T. Seaquist-McCarthy & TyH Publications (M. Squires)

*For informational purposes only and not intended to diagnose, cure, treat or prevent any medical condition.*



*Theresa Seaquist has worked for Albion for 6 years as a West Coast Regional Manager. She has been involved in the supplement/ingredient industry for more than 13 years. When she is not traveling for work, she's busy preparing to compete in Ironman triathlons. In between the swimming, biking and running other interests include eating/cooking, gardening, movies, BBQs, camping, tennis, kite sailing, yoga and kinesis.*

*TRAACS® stands for The Real Amino Acid Chelate System and is Albion® Human Nutrition's branded trade name for a range of its exclusive patented products. TyH's Fibro-Care™ and Fibro-Care Cal™ contain only Albion TRAACS® minerals.*

## Health POINTS

Published in *Health Points*. This article is protected by copyright and may not be reproduced without written permission. For information on a subscription, please call TyH Publications, 1-800-801-1406 or write TyH Publications, 12005 N. Saguaro Blvd., Ste. 102, Fountain Hills, AZ 85268. E-mail [editor@e-tyh.com](mailto:editor@e-tyh.com). For information on TyH products, visit our website at [www.e-tyh.com](http://www.e-tyh.com).