

*Patient Fact Sheets*

**Total Manganese™ for Nutritional Support for Bone, Cartilage,  
Diabetes, and Heavy Metal Release**

by  
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Current farming practices and soil erosion contribute to depleting the amount of manganese available to our dietary sources of this trace mineral. Food processing further reduces our intake of this essential mineral. Corn germ can contain as much as 10mg per 100gm, but corn flakes contain only 0.04mg. Other dramatic losses occur in the processing of wheat.

Manganese supplementation has been helpful in treating both schizophrenia and Parkinson's like symptoms when associated with deficiency.

Manganese deficiency can lead to confusion, convulsions, eye problems, hearing problems, heart disorders, hypertension, memory loss, dizziness, pancreatic damage, profuse perspiration, rapid pulse, tooth-grinding, breast ailments, and osteoporosis. Manganese and B6 help block and release metal poisoning that may be behind these symptoms.

Manganese is essential for healthy skin, bone, cartilage formation, lubricating fluid in joints, sugar tolerance, activating superoxide dismutase, protein and fat metabolism, healthy nerves, healthy brain function, muscular strength, a healthy immune system, and normal reproduction.

Supplementation has been reported to help activate enzymes for the body's use of biotin, B1, vitamin C, to be important in the thyroid's production of thyroxin, to be necessary for proper digestion and utilization of food. Manganese can help reduce fatigue, aid muscle reflexes, prevent osteoporosis, improve memory, help those with recurrent dizziness, and reduce nervous irritability.

**Manganese** (as chelate)[10mg] is necessary for bone mineralization. Deficiency is also associated with sugar intolerance, diabetes, atherosclerosis, drug induced Parkinson's like symptoms, and schizophrenia. Manganese exerts protective effects against aluminum and cadmium toxicity, helps displace excess copper from the liver, and is antagonistic to iron. *Caution:* Should not be taken by people with cirrhosis.

**Vitamin B6** (25mg) helps in the formation and breakdown of many amino acids, proteins, and some hormones. It is an essential nutrient in the regulation of mental processes. It can help in asthma, atherosclerosis, athletic performance, autism, carpal tunnel syndrome, depression, diabetes, osteoporosis, and chemotherapy. B6 is essential in the breakdown of the toxic chemical homocysteine, which has been associated with heart disease. Supplementation with vitamin B6, by itself, can inhibit blood stickiness that characterizes atherosclerosis. It aids digestion by helping form hydrochloric acid and helps in the absorption of fats and protein. B6 acts as a mild diuretic and is helpful in alleviating premenstrual symptoms. B6 is essential for the production of antibodies and red blood cells, can help prevent nerve and skin disorders, alleviate nausea, and promote the formation of antiaging nucleic acids. B6 helps remove lead from the brain and helps rid the body of excess metals.

**Pyridoxal-5-phosphate** (5mg), the coenzyme form of vitamin B-6, is included because some individuals cannot convert vitamin B-6 into its active enzymatic form.

Compliments Of:

References for all statements are available from Nutri-West, call 307 358 5066

The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.

