

## The Nutritional Benefits of Indium

Indium is a trace/micro mineral and is the third heaviest element (atomic no. 49 on the Period Table of Elements). It is a soft silvery metal that does not dissolve in water until it is compounded by lab workers using distilled water. It is not found in either food or water or in the bodies of persons over the age of 25-30. Indium aids in the body's ability to use other trace elements. The trace mineral supports several hormonal systems; once balance is achieved other hormonal systems start to improve. It may also raise immune activity and reduce the severity and duration of a cold. The trace mineral may also provide assistance to the hypothalamus and pituitary glands. We discuss the benefits of Indium. There are both long and short term benefits to Indium. Some of these include increased energy, enhanced sense of well-being (the indium high), and a reduced need for sleep. There are long term benefits of Indium. They include the slow reversal of diseases such as Autism, ADD, High blood pressure and the reduction of stress related issues. It may lead to a healthy body weight and the reversal of the visible signs of aging. One will feel better when hormonal systems work better. To get a good balance of formulas, good overall nutrition and exercise strongly comes in to play. Our precautions before getting the benefits of Indium. There are a couple of precautions with Indium. It is not to be taken with food. Also, Indium should not be used on broken skin. The trace mineral should also not be used in the eyes. Our Tips for Choosing an Indium Supplement

1. Obtain your product from pharmaceutical GMP compliant manufacturers. Such places comply with the strictest regulatory standards for the manufacture of nutritional supplements. This is an issue consumers need to take seriously because dietary supplements are unregulated in the U.S., and many products have been shown to contain contaminants or do not even contain what is stated on the label.
2. Be sure that you choose a product that does not contain any fillers or additives (examples include: sugar, starch, gluten, silica (sand!)) or any artificial colors or flavors of any kind.

## About the Author

Provides educational opportunities and internships to students. Includes program overviews, course details, and faculty and advisor.

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