

## Indium Nutrition

Indium, a trace/micro mineral, is the third heaviest element--atomic no. 49--on the Period Table of Elements. It is a soft silvery metal which, until laboratory workers compound it with distilled water, is not water soluble. Neither food, water, nor the bodies of persons over the age of 30 contain indium. Indium, a trace mineral, enables the body to use other trace elements. It supports and balances several hormonal systems, and may also raise immune activity, reducing the severity and duration of colds. Indium mineral may also improve hypothalamus and pituitary gland functioning.

**Indium: The Benefits** Indium offers both short-and long-term benefits, including increased energy, an enhanced sense of well-being--the indium "high"--and a reduced need for sleep. Indium's long-term benefits include the slow reversal of diseases such as Autism, ADD, and high blood pressure and the reduction of stress related disorders. It may also assist in achieving a healthy body weight, and reverse the visible signs of aging. By balancing the hormonal systems, indium will provide a general sense of well-being. To get a good balance of formulas, good overall nutrition and exercise strongly comes in to play.

**Indium: What to Watch Out For** Indium should not be taken with food used on broken skin, nor applied to the eyes.

**How to Select an Indium Supplement**

1. Obtain your product from pharmaceutical GMP compliant manufacturers, which comply with the strictest regulatory standards for the manufacture of nutritional supplements. Consumers need to exercise vigilance, because dietary supplements are unregulated in the U.S., and many products manufactured there have been shown either to contain contaminants, or be missing some of the ingredients advertised on their the labels.
2. Make sure that you choose a product that does not contain any fillers or additives--examples include: sugar, starch, gluten, silica (sand!)--or artificial colors or flavors of any kind.

## About the Author

Novartis Medical Nutrition is one of six key businesses found within the Consumer Health area of Novartis. Novartis Nutrition is dedicated.

Source: <http://www.productsherbal.com>