

# Sacred Rock - Essential Minerals Tincture

## DESCRIPTION

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### Feed Your Body the Minerals It's Starving For

Mineral deficiency is the hidden epidemic of modern life. Depleted soils, processed foods, chronic stress, and diuretic beverages (coffee, alcohol, soda) drain the body's mineral reserves — leading to fatigue, weak bones, poor sleep, hormone imbalances, and hundreds of downstream health problems. Our **Essential Minerals Tincture** is a nutrient-dense botanical blend of five of the most mineral-rich plants on earth, delivering highly bioavailable iron, calcium, magnesium, potassium, zinc, silicon, and complete vitamins in a format the body recognizes and absorbs.

This is food as medicine at its most fundamental — replenishing what modern life depletes.

### What This Tincture Is Made For

- Iron deficiency and anemia
- Mineral depletion from stress, illness, or poor diet
- Bone density and calcium support
- Hormonal mineral support (thyroid, adrenals, reproductive)
- Fatigue and low energy from nutritional deficiency
- Hair, skin, and nail health

### The Formula — Ingredient Breakdown

**Moringa (*Moringa oleifera*)** — The "Miracle Tree" whose leaves contain one of the most extraordinary nutritional profiles in the plant kingdom: 7× the vitamin C of oranges, 4× the calcium of milk, 4× the vitamin A of carrots, 3× the potassium of bananas, 2× the protein of yogurt, all 9 essential amino acids, and a complete profile of vitamins B1, B2, B3, B6, and E. The nutritional anchor of this formula.

**Tulsi / Holy Basil (*Ocimum tenuiflorum*)** — A nutritionally dense adaptogenic herb rich in Vitamins A, C, and K, as well as calcium, iron, and magnesium. Tulsi additionally reduces cortisol — the hormone most responsible for

mineral depletion through its effects on calcium, magnesium, and zinc metabolism. Protecting the body's mineral reserves is as important as replenishing them.

**Nettle (*Urtica dioica*)** — One of the most iron-rich plants in the herbal world, with highly bioavailable iron that is well-tolerated even by those who struggle with supplement forms. Nettle also provides calcium (comparable to dairy), magnesium, potassium, silicon (for bone and connective tissue), Vitamins A, C, and K, and complete protein. A comprehensive mineral medicine.

**Dandelion Leaf (*Taraxacum officinale*)** — Extraordinarily nutritious: rich in Vitamins A, B-complex, C, and K, as well as iron, calcium, potassium, and zinc. Dandelion Leaf is uniquely balanced — it provides potassium even as it gently promotes kidney filtration and waste elimination, replenishing minerals as it cleanses the body. The mineral-building, kidney-nourishing leaf.

**Parsley (*Petroselinum crispum*)** — One of the most nutrient-dense culinary herbs, containing exceptional levels of Vitamin K (essential for bone mineralization), Vitamin C, folate, and iron. Apigenin, a flavonoid in Parsley, has documented anti-inflammatory, neuroprotective, and anti-cancer properties. The bone-strengthening, iron-supporting finalizer of this formula.

## How to Use

Take 2 droppers (2 ml) in water, juice, or smoothie, 2–3 times daily. For iron deficiency: combine with Vitamin C-rich food or juice to enhance iron absorption. Best used as a daily nutritive tonic rather than acute treatment — mineral replenishment takes weeks to months. Ideal as a morning protocol addition.