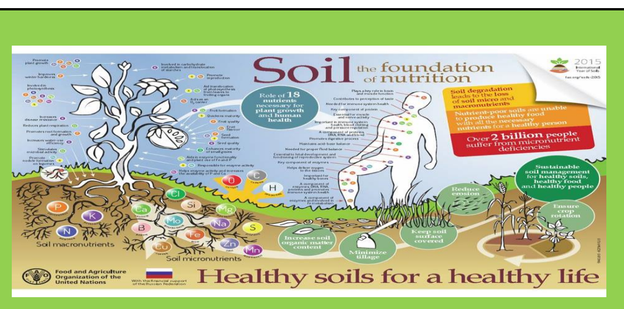
SOIL SOLUTIONS

Grow your own mineral supplements



Bioavailable Minerals and their Relationship to Health

Element	Lithium	Boron	Magnesium	Silicon	Phosphorus	Sulfur	Potassium	Calcium	Vanadium	Chromium	Manganese	Iron	Cobalt	Nickel	Copper	Zinc	Selenium	Molybdenum	Silver	Tin	Iodine	Gold
Soil Conditioners	EMOTIONAL WELL-BEING FORMULA	FERTILITY & POTENCY FORMULA, MEMORY FORMULA, HEALTH & IMMUNE SYSTEM FORMULA	EMOTIONAL WELL-BEING FORMULA, MEMORY FORMULA, HEART HEALTH FORMULA			EMOTIONAL WELL-BEING FORMULA, MEMORY FORMULA, FERTILITY & POTENCY FORMULA, GLUCOSE TOLERANCE FACTOR FORMULA, HEART HEALTH FORMULA, HEALTH & IMMUNE SYSTEM FORMULA	GLUCOSE TOLERANCE FACTOR FORMULA, HEALTH & IMMUNE SYSTEM FORMULA, FERTILITY & POTENCY FORMULA	EMOTIONAL WELL-BEING FORMULA FERTILITY & POTENCY FORMULA, HEART HEALTH FORMULA	GLUCOSE TOLERANCE FACTOR FORMULA	FERTILITY & POTENCY FORMULA, GLUCOSE TOLERANCE FACTOR FORMULA, HEART HEALTH FORMULA	HEART HEALTH FORMULA, HEALTH & IMMUNE SYSTEM FORMULA, FERTILITY & POTENCY FORMULA		FERTILITY & POTENCY FORMULA, MEMORY FORMULA		HEART HEALTH FORMULA	FERTILITY & POTENCY FORMULA, GLUCOSE TOLERANCE FACTOR FORMULA, HEALTH & IMMUNE SYSTEM FORMULA	EMOTIONAL WELL-BEING FORMULA, MEMORY FORMULA, HEART HEALTH FORMULA	GLUCOSE TOLERANCE FACTOR FORMULA	HEALTH & IMMUNE SYSTEM FORMULA	HEALTH & IMMUNE SYSTEM FORMULA	FERTILITY & POTENCY FORMULA, HEALTH & IMMUNE SYSTEM FORMULA	
Wheatgrass products	#021393	#021393 #021394 #021454	#021393 #021395 #021454			#021393 #021394 #021395 #021396 #021209 #021454	#021209 #021396 #021394	#021393 #021395 #021396	#021209	#021396 #021209	#021394 #021395 #021396		#021396 #021454		#021395	#021396 #021209 #021394	#021393 #021395 #021396 #421454	#021209	#021394	#021394	#021396 #021394	
Sym	**Li**	**B**	**Mg**	**Si**	**P**	**S**	**K**	**Ca**	**V**	**Cr**	**Mn**	**Fe**	**Co**	**Ni**	**Cu**	**Zn**	**Se**	**Mo**	**Ag**	**Sn**	**I**	**Au**
RDA			40-400 mg/day		300 -1,200 mg/day			400 -1,200 mg/day		50 -200 mcg/day	4 mg/day	6 -30 mg/day			30 -80 mcg/day	5 -19 mg/day	10 -75 mcg/day				40 -200 mcg/day	
Element	**Lithium**	**Boron**	**Magnesium**	**Silicon**	**Phosphorus**	**Sulfur**	**Potassium**	**Calcium**	**Vanadium**	**Chromium**	**Manganese**	**Iron**	**Cobalt**	**Nickel**	**Copper**	**Zinc**	**Selenium**	**Molybdenum**	**Silver**	**Tin**	**Iodine**	**Gold**
Acarifuge						Sulfur																
ACE-Inhibitor																Zinc						
Acnegenic																					Iodine	
Amphiglycemic?										Chromium												
Analgesic																Zinc	Selenium 200 ug/day					
Androgenic		Boron 3 mg																				
Angiotensin-Receptor-Blocker							Potassium															
Anorexic																	Selenium					
Antiacne						Sulfur				Chromium						Zinc 135 mg/day	Selenium 200 ug/day			Tin		
Antiacrodermatitic																Zinc 8 - 34 mg/day						
Antiadrenalinic														Nickel								
AntiAGE										Chromium 200 - 1000 ug												
Antiaging										Chromium 200 - 1000 ug												
Antiaggregant			Magnesium 400mg														Selenium					
Antiakathisic												Iron										
Antialcoholic			Magnesium								Manganese					Zinc						
Antialopecic																Zinc						
Antiallergic								Calcium 500 mg														
Antialzheimeran																Zinc 50 mg/day						
Antianemic											Manganese	Iron			Copper							
Antiangiogenic																	Selenium 230 ug/day					
Antianginal			Magnesium 400mg																			
Antiangiogenic																Zinc	Selenium					
Antianorectic			Magnesium													Zinc						
Antiarthritic			Magnesium 400mg			Sulfur		Calcium 1000 mg			Manganese				Copper	Zinc 50 mg/day	Selenium					Gold
Antiarrhythmic			Magnesium 400mg				Potassium	Calcium 500 -1500 mg														
Antiasthmatic			Magnesium														Selenium					
Antiatherosclerotic			Magnesium 400mg					Calcium 500 mg	Vanadium	Chromium 20 ug							Selenium					
Antibacterial																			Silver	Tin	Iodine	
AntiBPH																Zinc 25 -60 mg/day						
Anticanker												Iron				Zinc 100 mg/day						
Anticataract																Zinc 30 mg/day	Selenium 400 ug/day					
Anticephalagic			Magnesium																			
AntiCFS			Magnesium							Chromium 200 ug												
Anticirrhotic														Nickel			Selenium					
Anticheilitic												Iron										
Anticlimacteric			Magnesium 500mg-750mg					Calcium 1000 - 1500 mg									Selenium 200 ug/day					
Anticoeliac																Zinc						
Anticold																Zinc 50 mg/day						
Anticolitic																Zinc						
Anticonvulsant			Magnesium																			
Anticorneotic										Chromium												
Anticoronary			Magnesium													Zinc 30 mg/day	Selenium 200 ug/day					
AntiCrohn's																Zinc						
Antidandruff						Sulfur										Zinc	Selenium					
Antidementia																Zinc						
Antidepressant	Lithium		Magnesium				Potassium	Calcium									Selenium 200 ug/day					
Antidiabetic			Magnesium 400 - 800mg						Vanadium 25 -100 ug	Chromium 200 - 1000 ug	Manganese 3-5 mg/day or 10-30				Copper 2 - 4 mg	Zinc 30 mg/day						
Antidiscotic											Manganese											
Antidote (Aluminum)								Calcium														
Antidote (Cadmium)																Zinc						
Antidote (Lead)								Calcium		Chromium												
Antidote (Mercury)																	Selenium					
Antidyskinetic											Manganese											
Antidysgeuzic																Zinc						
Antidysmenorrheic			Magnesium 100mg																			
Antieczemic																Zinc 150 mg/day						
Antiencephalopathic																Zinc						
Antiendometriotic			Magnesium 500mg																			
Antienterotic			Magnesium																			
Antiepileptic			Magnesium 450mg													Zinc 100 mg/day						
Antifatigue			Magnesium				Potassium			Chromium 200 ug					Copper							
Antifibromyalgic			Magnesium 200-300mg 3X/day																			
Antifibrotic																Zinc 30 mg/day	Selenium 400 ug/day					
Antifuruncular																Zinc 45 mg/day						
Antigastrotic			Magnesium																			
Antiglaucomic			Magnesium																			
Antiglycosuric										Chromium 200 - 1000 ug												
Antigoiter																					Iodine	
Antigout																	Selenium 200 ug/day					
Antigrey						Sulfur																
Antihangover																Zinc 10 mg/day						
Antiherpetic																Zinc 25 -60 mg/day						
AntiHIV																Zinc	Selenium					
Antihyperkinetic			Magnesium					Calcium														
Antihypertensive			Magnesium				Potassium	Calcium														
Antihyperthyroid	Lithium																					
Antiepileptic											Manganese 450 mg/day											
Antihypoglycemic			Magnesium																			
Antiimpotence																Zinc						
Antiinfective																Zinc 50 mg/day						
Antiinfertility									Vanadium							Zinc 60 mg/day						
Antiinflammatory			Magnesium 100mg 4X/day												Copper							
Antiinsulinogenic									Vanadium													
Antiinsomniac			Magnesium					Calcium								Zinc						
Antilepric																Zinc						
Antikeshan																	Selenium					
Antileukemic																Zinc	Selenium 1.6 mg/kg ipr mus					
Antileukotriene																	Selenium					
Antilithic			Magnesium																			
AntiLyme			Magnesium 400 - 1000mg																			
Antilymphomic																Zinc						
Antimaculitic			Magnesium													Zinc	Selenium					
Antimastalgic			Magnesium																			
Antimanic	Lithium								Vanadium													
Antimelanomic																	Selenium 480 ug/day					
Antimenopausal			Magnesium 500 - 750mg					Calcium 1000 - 1500 mg									Selenium 200 ug/day					
Antimenorrhagic												Iron 100mg/day										
Antimetastatic																Zinc	Selenium 480 ug/day					
Antimigraine			Magnesium 200mg																			
Antimitral-valve-prolapse			Magnesium																			
AntiMS			Magnesium																			
Antimyalgic																	Selenium 200 ug/day					
Antinephrolytic			Magnesium													Zinc						
Antineurotic			Magnesium																			
AntiNF-kB																	Selenium					
Antinyctalopic																Zinc						
Antinociceptive															Copper							

Antiobesity								Calcium		Chromium 200 - 1000 ug						Zinc 30 mg/day							
Antionychyotic				Silicon																			
Antiosteoarthritic		Boron				Sulfur					Manganese						Selenium						
Antiosteoporotic		Boron 3 mg	Magnesium 500 - 1000mg	Silicon	Phosphorus			Calcium 500 -2000 mg							Copper	Zinc							
Antioxidant																	Selenium 100-200 (400) ug/day						
Antiparkinsonian																	Selenium 200 - 400 ug/day						
Antiperiodontitic								Calcium 750 mg								Zinc							
Antiplaque			Magnesium 500 - 1000mg													Zinc							
AntiPMS	Lithium		Magnesium 400 - 800mg					Calcium 1000 mg			Manganese												
Antiprolactin																Zinc							
Antiproliferant																	Selenium						
Antiprostatitic																Zinc 50 mg/day							
Antipsychotic	Lithium																						
Antiotic											Manganese												
Antioxidant											Manganese												
Antiradicular																	Selenium 100-200 (400) ug/day						
AntiRaynaud's			Magnesium280 - 350 mg																				
Antiretinopathic			Magnesium 400mg																				
Antirheumatic								Calcium 1000 mg								Zinc	Selenium						
Antischizophrenic	Lithium																						
Antiseborrheic						Sulfur																	
Antiseptic						Sulfur										Zinc 50 mg/day						Iodine	
Antispare-Tire																Zinc							
Antispasmodic			Magnesium				Potassium																
Antispasmophilic			Magnesium 500mg																				
Antistress			Magnesium 500 - 750mg					Calcium 500 -1500 mg															
Antistomatitic																Zinc 50 mg/day							
Antistroke			Magnesium 400mg				Potassium																
Antisyndrome-X			Magnesium 400mg						Vanadium 25 -100 ug	Chromium 200 - 800 ug	Manganese 10 -30 mg/day					Zinc 30 mg/day	Selenium 100-200 (400) ug/day						
Antithyrotoxic																						Iodine	
Antinnitic								Calcium								Zinc 60 -120 mg/day							
Antitriglyceride																Zinc 30 mg/day							
Antiulcer																Zinc							Gold
Antitumor																	Selenium 100-200 (400) ug/day						
Antitumor (Esophagus)?																		Molybdenum					
Antitumor (brain)																	Selenium 38 - 150 ug/day						
Antitumor (Breast)																	Selenium 333.6 ug/day						
Anticancer (Esophagus)?																		Molybdenum					
Antitumor (Lung)																	Selenium 240 ug/kg diet						
Antitumor (Prostate)																	Selenium						
Antiulcerogenic										Chromium 200 - 1000 ug							Selenium						
Antiviral	Lithium															Zinc						Iodine	
Anxiolytic			Magnesium 500 - 750mg		Phosphorus		Potassium	Calcium 500 -1500 mg									Selenium						
AP-1-Inhibitor																	Selenium 2-50 um						
Apoptotic																	Selenium		Silver				
Astringent																Zinc							
ATPase-Inhibitor									Vanadium														
Calcium-Antagonist			Magnesium																				
Cancer-Preventive									Vanadium								Selenium						
Candidicide																							
Cardiomyopathogenic													Cobalt										
Cardioprotective				Silicon			Potassium		Vanadium	Chromium					Copper		Selenium 200 ug/day						
Cardiotoxic							Potassium																
Cholinergic	Lithium		Magnesium													Zinc							
Comedogenic						Sulfur																	
Contraceptive															Copper								
Copper-Antagonist																Zinc							
CNS-Depressant			Magnesium																				
Depressant																	Selenium						
Deliriant	Lithium																						
Deodorant																Zinc							
Dermatitigenic																						Iodine	
Detoxicant (Alcohol)																Zinc							
Diuretic			Magnesium				Potassium																
Energizer										Chromium													
Ergogenic																Zinc							
Erythrocytogenic													Cobalt										
Estrogenic		Boron 3 mg																					
Fungicide																	Selenium					Iodine	
Goitrogenic																						Iodine	
Hypertensive																							
Hyperthyroid																						Iodine	
Hypocholesterolemic			Magnesium 400mg					Calcium 500 mg	Vanadium	Chromium 20ug													
Hypoglycemic									Vanadium	Chromium 200 - 1000 ug	Manganese 10 -30 mg/day				Copper								
Hypotensive			Magnesium 260 - 500mg				Potassium	Calcium 1000 mg	Vanadium	Chromium 200 - 1000 ug						Zinc 30 mg/day							
Hypotriglyceridemic									Vanadium														
Immunomodulator			Magnesium							Chromium					Copper	Zinc	Selenium						
Immunostimulant					Phosphorus												Selenium 100-200 (400) ug/day						
Immunosuppressant																Zinc 300 mg/day							
Insulin-Sparing														Nickel									
Insulinogenic			Magnesium 400mg							Chromium						Zinc 30 mg/day							
Keratolytic						Sulfur																	
Laxative			Magnesium 300 - 500mg			Sulfur		Calcium 1000 - 1200 mg															
Leptingenic																Zinc 30 - 60 mg/day							
Lithogenic			Magnesium																				
Litholytic			Magnesium																				
Memorigenic										Chromium													
Myorelaxant			Magnesium 100mg 4X/day																				
Mucogenic																Zinc							
Natriuretic	Lithium																						
Nephrotoxic	Lithium								Vanadium														Gold
Neurotransmitter			Magnesium																				
NF-kB-Inhibitor																Zinc	Selenium						
Ornithine-Decarboxylase-Inhibitor																	Selenium						
Osteogenic				Silicon																			
Pancreatoxic									Vanadium														
Parasiticide						Sulfur																	
Pesticide						Sulfur										Zinc	Selenium		Silver				
Polyamine-Synthesis-Inhibitor																	Selenium						
Prooxidant												Iron											
Prostaglandin-Sparer																	Selenium						
Protisticide																				Tin	Iodine		
Protein-Kinase-C-Inhibitor																	Selenium IC50 =2-50 um						
Scabicide						Sulfur																	
Schizophrenigenic															Copper								
Spermigenic																Zinc 60 mg/day							
Taenicide																				Tin			
Testosteronigenic																Zinc 60 mg/day							
Thyrotropic																					Iodine		
Toxic									Vanadium														
Tranquilizer			Magnesium 500 - 750mg					Calcium 1000 - 1500 mg															
Trichomonicide																Zinc							
Uterorelaxant			Magnesium 100mg 4X/day																				
Vasodilator			Magnesium				Potassium	Calcium															
VEGF-Inhibitor																	Selenium						
Vulnerary																Zinc							
Sym	**Li**	**B**	**Mg**	**Si**	**P**	**S**	**K**	**Ca**	**V**	**Cr**	**Mn**	**Fe**	**Co**	**Ni**	**Cu**	**Zn**	**Se**	**Mo**	**Ag**	**Sn**	**I**	**Au**	
Element	**Lithium**	**Boron**	**Magnesium**	**Silicon**	**Phosphorus**	**Sulfur**	**Potassium**	**Calcium**	**Vanadium**	**Chromium**	**Manganese**	**Iron**	**Cobalt**	**Nickel**	**Copper**	**Zinc**	**Selenium**	**Molybdenum**	**Silver**	**Tin**	**Iodine**	**Gold**	

Disclaimer

WARNING: Do not consult these databases unless you agree not to hold the compilers or host liable for any errors or omissions. Data were gathered rather randomly from the literature on economic plants, none of which will ever be completely known phytochemically. These data were compiled by human beings, mostly Jim Duke and Stephen Beckstrom-Sternberg, from published, or rarely, personally communicated sources by human beings.
To err is human! For any serious studies, values, especially deviant values, need to be rechecked with original sources. The compilers do not recommend self diagnosis or self medication; the compilers do urge serious studies of herbal alternatives, believing that in many cases, the herbal alternative may contain several synergistic compounds that will, in fact, do what empirical trials have suggested, as recorded in the folklore (See ETHNOBOTANY database).
Where these biologically active compounds occur in the edible portions of long established food species, we could be dealing with promising "food farmacy" alternatives. Synergies often double the rates of biological activities, but sometimes increase them an order of magnitude or two or more. Plants usually contain synergistic suites of phytoprotective chemicals which are often responsible for their medicinal uses as well.
Evolution would favor synergies and disfavor antagonisms in such suites of compounds. If we have learned anything in the preparation of this database,sometimes more orders of magnitude. An increase in one compound from a suite of compounds is usually compensated for by a decrease in another compound(s). All plants, like all animals, contain toxins and carcinogens. Even commonly ingested food plants, like peanuts, can be fatally allergic to sensitive people.
it is that the levels of biologically active compounds vary widely, often one or two,

https://phytochem.nal.usda.gov/phytochem/search/list

What sets us apart

All of our products are 100% tested through a certified third-party laboratory.
The plants naturally take up the bioavailable minerals from the soil.
Our products are designed to assist the production of amino acids within the human body, in order to properly address the symptoms of mineral deficiencies.
We only use reagent grade, bullion grade and food grade minerals for soil production. We never use fertilizer grade products or substandard products in any of our Soil Solutions formulas.
We never use fertilizer grade products or substandard products in any of our Soil Solutions formulas. Our soils are monitored and refortified on a regular basis.

NaturallyNoble

Contact Western Environmental Services or Naturally Noble at (307) 640-7265 or naturallynoble.com.