

Food supplement

- to supply mineral micro and trace elements
- to improve the immune system
- for detoxifying of human body

Nature supplied all kind of nutrients to live a long healthy and active life. Unfortunately we cannot enjoy fully these nutrients because we grow and process our food mostly unusable for our body.

It is true even if we stimulate the growth of our plants and animals by synthetic steroids

Field crops uptake more and more mineral nutrients from soils while no supply. As a result of these practices scientifically proved the continuous micronutrient level decrease in crops and crop based nutrients. The same fact can be registered in industrial-animal based products because less and less micronutrients are taken up by crops.

The micronutrient deficiency symptoms can also be detected in human being who is at the top of the food chain. We are faced to the results day by day as the so called civilization diseases like allergy, stress, immune system problems, cancer, extra body weight and some new diseases.

The double Noble-priced chemist Dr. Linus Pauling stated:

"all illnesses of a living system can be related to the deficiency of certain micronutrients"

The deficiency of minerals and micronutrients blocks the function of enzymes and vitamins. So in the absence of the necessary micronutrients the vitamins and enzymes are not functioning. Development of analytical methods allowed to measure very small quantities of elements. Analysis of living systems proved that more than 70 micronutrients should be continuously present. The ratio of these elements were proved to be at least so important than their numbers. Breaking the natural balance may cause deficiency syndromes. For example if we supply one or only some of these micronutrients.

Nevertheless our body cannot take up any kind of minerals or micronutrients. The formation of so called organo-mineral complexes are necessary to effective uptake. These molecules are able to penetrate cell walls.

The best solution for complexation -as usually- were developed by nature by formation of humic substances (humic and fulvic acids).

Humic substances are organic complex forming molecules stimulating the uptake of minerals. Moreover these molecules stimulate the energy production and immunity of cells and play important role in detoxifying our body.

Humic substances are forming during the decomposition pathway of plant biomass in ten thousands or millions of years. (plant, peat, lignite, brown coal, black coal, diamond). The precursor molecules of humic substances formation are the lignin molecules in wood and flavonoid like molecules. Natural humic substances contains more than 70 micronutrients in biologically uptakable form. It is worth to note that best quality natural humic substance sources are in Hungary.

In chemical aspects humic substances are natural quinon molecules containing acidic groups (carboxyl) and hydroxyl groups and lacton and methoxy groups on aromatic basic structure. They are natural polymer molecules with small building blocks we call fulvic acids.

- to improve physical and spiritual capability
- for mental harmonization
- during and after recovery from illnesses

The average molecular weight range is 200-5000. Smaller parts of them so can be absorbed in the circulation system causing the following effects: antiviral effect, energy production catalysator, immune system stimulator and detoxifying effects. While bigger molecules stay in the intestinal system stimulating bacterial flora and serving carrier molecules to the uptake of minerals and inactivating and secreting toxins.

Medical effects of humic substances are known for thousands of years and by now modern sciences developed these molecules again as "antiviral substance" and "alternative antibiotics".

HUMINIQUUM food supplement contains the necessary micronutrients in naturally balanced quantity and in organic humate and fulvate forms. Active ingredients of the product were extracted from the world famous Hungarian organic mineral deposits.

Complexes of humic and fulvic acids and micronutrients give a natural solution to physical, mental and spiritual problems of people who try to satisfy the challenges of the technical civilization.

COMPOSITION:		
Ingredients	Quantity In 250 ml	4 ml daily dose RDA%
Humic acid	11 880 mg	N.A.
Fulvic acid	1 250 mg	N.A.
Sodium (Na)	1 690 mg	1,36%
Calcium (Ca)	560 mg	1,10%
Magnesium (Mg)	206 mg	1,10%
Iron (Fe)	131 mg	15,6%
Zink (Zn)	131 mg	15,0%
Potassium (K)	187 mg	0,09%
Manganese (Mn)	37 mg	15,0%
Copper (Cu)	11 mg	15,0%
Boron (B)	5,6 mg	4,5%
Molybdenum (Mo)	1,9 mg	15,0%
Iodine (I)	1,2 mg	15,0%
Chrome (Cr)	1,2 mg	15,6%
Selenium (Se)	0,93 mg	18,8%
Fluorine (F)	0,19 mg	0,2%
Vanadium (V)	112 µg	0,1%
Cobalt (Co)	75 µg	no data

RDA% - % of the suggested daily intake. (According to the Ministry of Health of the USA)

Following elements can be found in the product in trace amounts: Silicon(Si), Sulphur (S), Strontium (Sr), Silver (Ag), Gold (Au), Phosphorous (P), Titanium (Ti), Indium (In), Barium (Ba), Bromine (Br), Bismuth (Bi), Lantan (La), Terbium (Tb), Europium(Eu), Samarium(Sm), Neodymium (Nd), Lutetium(Lu), Nickel (Ni), Rhodium (Rh), Iridium (Ir), Caesium (Cs), Holmium (Ho), Wolfram (W), Yttrium (Y), Gallium (Ga), Stannic (Sn), Germanium(Ge), Iridium (Ir), Palatine (Pt), Osmium (Os), Cerium (Ce), Ruthenium (Ru)

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APPLICATION

HUMINIQUUM contains no additives like sweeteners, stabilizers, colour or conservation additives etc. If the original taste is not satisfactory than we advise to prepare a ready to intake liquid according to the personal taste.

- Necessary dose can be mixed in a cup of cool or hot water. We can improve taste by adding some drop of lemon.
- We can make a tasty drink if the dose is mixed into a hot grain-caffé sweetened by honey or cane-sugar and sweet milk powder.
- Can be prepared by mixing into milk or cocoa, or yoghurt or fruit juices or mineral waters.
- We can stimulate the effect of the product if mix in 0,5-1 dl of water and add some freshly pressed lemon juice and some salt.
- IT IS RECOMMENDED TO TAKE 15-20 MINUTES BEFORE EATING IN THE MORNING.

SUGGESTED DAILY DOSES

(for children the half of these doses are recommended)

For general roborant effect if we need more energy:	1x2-3 ml
In case of micronutrient deficiency symptoms:	1x4 ml
In case we are tired and feel bad:	1x5 ml
In case we are physically exhausted:	2x3 ml
In case we are mentally exhausted:	2x4 ml
In case of blood deficiency symptoms or menstruation:	2x3 ml
For pregnant and milky mothers:	1x2-4 ml
After or during recovering from illnesses:	2x3 ml

STORAGE

opening the bottle recup and store in its own paper box.

- Never put in refrigerator ! it does not need cool place to store!
- Keep away from strong electromagnetic places like TV, PC, refrigerator, electric watches etc.
- After several opening product may form a gel like liquid. It is a natural effect. If it is not favoured than add some millilitres of water and shake well.

WE HAVE THE FOLLOWING EXPERIENCE REGARDING THE APPLICATION OF HUMINIQUUM

- "Now, I have more energy, vitality came back into me, I feel much better..."
- " During examination periods I study more efficiently without getting tired..."
- "I stopped drinking café after I got hooked on HUMINIQUUM..."
- "No more falling hair, and my hair and nail grow faster. My knees do not hurt anymore..."
- "In the flue season, I don't get the flue. In fact, I don't get sick as often as before..."
- "I recovered from Lime-disease caused by tick..."
- "My regularity problems are gone..."
- "My stool problems disappeared..."
- "My eye-sight improved ..."
- "The old-age related memory problems definitely improved..."
- "My menopausal symptoms are much tolerable..."

Following statements and medical effects were published in international papers related to humic substances.

ANTIOXIDANT, INACTIVATE FREE RADICALS

Exceptionally effective in bonding and inactivating free radicals, which cause several illnesses like cancer, early aging and skin wrinkles etc.

STIMULATE ENZYME ACTIVITY

Enzymes and vitamins are the source of vitality. They transform the nutrients into energy and biochemical building molecules. Humic substances stimulate the enzyme activity. The biological affectivity of vitamins and enzymes increase when adding fulvic acid to them.

DNA AND RNA CONTENT OF CELLS ARE INCREASED

Several publications mention the increased DNA and RNA content related to humic acid content.

ANTIVIRAL EFFECT

The antiviral effect of humic substances in human medicine is well known for a long time. Humic acids are probably the most effective antiviral molecules in nature.

INCREASED PERMEABILITY OF CELL WALL

Humic substances carry minerals through cell membrane. Even through membranes that are closed because of high potassium (K) content.

ORGANIC CHELATE FORMING MOLECULES

Humic acids transform inorganic elements (minerals, micronutrients) into organic molecules enable them to enter the cells. Exceptionally they form easily exchangeable bonds with biologically important minerals while form strong intact bounds with toxic heavy metals. Heavy metals are secreted from body by humic acids.

HARMONIZE AND OPTIMIZE THE UPTAKE OF NUTRIENTS

Ensure the optimal uptake of minerals. Inhibit the uptake of nutrients overdosed while support the uptake of low level nutrients.

BOND AND INACTIVATE TOXINS

The physico-chemical structure of humic substance enable them to form chemical interaction with any kind of molecules. Toxins and toxic elements are inactivated and secreted from the body. Up-to-date scientific results mention 170 different foreign molecules in the blood of an average urban citizen.

Organic toxins

- Medicine (vaccines) and antibiotics residues** in the body
- Pesticide residues** – in vegetables, fruits, juices and grains
- Fungus toxins** – in foods
- Teflon** – from teflon table wares got into the body

Inorganic toxic heavy metals

- Aluminium (Al)** – from aluminium table wares and café makers got into the body
- Potassium (K)** – In industrial plants, table salt, juices and mineral waters. The balanced nutrient uptake of cells is blocked if the too much potassium(K) shift the natural Na/K ratio (ion pump)
- Mercury (Hg)** – from tooth filling (amalgam) got into the body
- Lead (Pb)** – from ceramic glaze got into the body
- Radioactive elements** – (for example Chernobyl)
- Arsenic (As)** – from drinking waters got into the body

ACIDIFICATION

The so called "modern" nutritional customs cause the acidification of human body (white bread, industrial meat, sweets, white sugar, café, alcohol, soft cheeses etc.) The acidification of our body cause several illnesses like rheuma, asthma, fatness, cellulites, osteoporosis, hair loss. Our body form salts to neutralize acidification. These salts are stored in the tissues and so extracted from biological availability. Summarizing acidification decrease the level of available micronutrients.

The phrases of "minerals" and "micronutrients" and "trace elements" are not consequent. Different areas of sciences name different metals in these categories.