

# What Plant Derived Minerals Can Do For Fitness and Athletic Performance



## Improved Muscle Recovery

A good friend of mine asked if I would try out some **Plant Derived Minerals** and when I did I couldn't believe the positive difference I felt in my own body.

As a professional body builder I can feel and sense everything that happens to my body. I still continue to take my normal supplements but adding these plant minerals has really improved my muscle recovery and I am able to train harder for longer.

I am also pleased to tell you that my girlfriend's father also took the minerals to see if they would help the bad pains in his joints, especially his hands. He has been overwhelmed by the benefits he is now experiencing and he can now move his fingers and hands without the horrible pain he once had.

As I learn more about these plant minerals I now know that we all must have a full spectrum of plant derived minerals in our diets whether you are an athlete or just the average person in the street.

As for me, I will take these plant minerals for the rest of my life.

### **Kim Kold**

Professional Actor (Fast and Furious 6)

Competition BodyBuilder

Denmark

## Bodybuilding Made Easy



“I’ve been bodybuilding now for about 8 years and I’ve tried just about everything natural on the market with limited success. All I can say after using **plant derived minerals** for 6 months is ‘Mr Universe here I come’, nothing has allowed me to train this hard before and I’m growing like mad, this really is “Bodybuilding made easy”. I don’t get bad lactic acid burn in my shoulders any more either.

You guys should market this stuff in bodybuilding magazines they’ll go crazy for it. Thanks for such a wonderful supplement”

**Dean Stiles, California – USA**



**Lee Dawson**, Master Sensei, member of World Kenpo and Martial Arts Renmei Black Belt Hall of Fame and founder of the world famous Thai Fit program says;

*"I have been training for over 25 years and the most important thing is to have nutrition and supplement balance spot on. The one thing that was out of balance was my mineral intake. Simply **Plant Derived Minerals** and Simply Life Complete Nutrition has made a big difference especially to my immune system."*



**Rory O’Niell**, Bodybuilder and fitness fanatic says;

*"I have been taking these Plant Derived Minerals for over a year now, I have taken almost every brand of Vitamins and Mineral supplements but never before noticed an effect like I do with this product.*

*I am able to train harder for longer and recover faster than ever before. No other product or combination of products makes such a noticeable difference so fast like*

*these **Plant Derived Minerals** do. I would recommend them to anyone of any age with any background! I achieve my goals much faster now."*

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**Ken Anderson**, a leading Nutritional Therapist working with many Premiership Footballers states:

“Since being introduced to **Plant Derived Minerals**, I have no hesitation in recommending them. It is the ultimate health supplement for anyone who wishes to enhance and promote their general health and wellbeing.

With 75 minerals in every wafer, it is beyond comparison, and is by far the best supplement of its kind on the market today.”

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**Brian Easton** (ex Burnley now St.johnston)

“I must thank Ken for recommending **Plant Derived Minerals** to me. I can really feel such an incredible difference which is especially noticeable when I push myself to the limits”.

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**Nadir Cifi**

“I never thought that **Plant Derived Minerals** could be so powerful. I have increased energy, better stamina and I don't feel any muscle fatigue”

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**James McArthur** (Crystal Palace)

“I found that after a few weeks of taking **plant derived minerals** I could train harder and longer and appear to have a sharper focus. My wife even noticed the difference and now she is taking them too”

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## Conrad Ballantine (Partick Thistle)

**Halved recovery time from tendon injury.** “I have never experienced such a quick recovery from any similar injury in the past – I know that it’s down to the Plant Derived Minerals that my therapist Ken Anderson, recommended I take”

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## Striker Signs 3 Year Deal



Gavin Reilly sealed a 3-year deal with Scottish premier league side Hearts. Gavin caught the eye of Hearts after scoring 15 goals in 39 games for Scottish championship side Queen of the south.

He says: "I have been using "**Plant Derived Minerals**" for up to 6 months now and have seen a number of benefits both on and off the pitch! I tend to take one tablet as soon as I wake up and have noticed lack of tiredness in the mornings.

Great way to start the day. I also take one tablet with my water during games/training and notice lack of Lactic acid build up and feel a lot more refreshed and hydrated, which is important for my active lifestyle.

**Gavin Reilly.** Professional Football Player

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**Plant Derived Minerals are great!** I found after only a few weeks that my energy levels were higher and that I had an overall far healthier feeling. Another bonus with the minerals is that they strengthen fingernails. In training for ‘strongman’ I have quite often bent or broken a nail lifting many awkward items, that hasn't happened in the time I have taken the product. With so many strongman events reliant on grip, a broken nail would prove costly.

The biggest difference I noticed was certainly energy, especially first thing in the morning. I have felt more like a coiled spring rather than the sluggish man beast that I usually am. This new lease of energy has done wonders for my training. In the under 105kg class this year I attained a 10th place world ranking at the US World Championships and owe a lot of my success to **Plant Derived Minerals**.

**Dhanni Moar**, Shetland  
Strongman Competitor

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## **Able to play badminton for the first time in years !!**

I am 52, coming on 53, I have been in two potentially life threatening situations this year that have required me to be ambulated into hospital, I have had to little energy at times that going for a 500 yd walk and back ended up with me falling asleep as soon as I sit down. I am still overweight and have had recurring back problems for 30 years and I have just this moment come back from playing badminton for the first time since I was about 16 years old.

I whooped the regulars at the local club ... winning not one. not two, not three but all four matches and by a long way. My energy levels never flagged once, my focus was fantastic and reflexes were spot on.

I had a 1.5 litre bottle with 2 x **Plant Derived Minerals** in them. I may be sore as anything in the morning ... but then again ... at this rate, I might not. I haven't had this much fun in years ... or felt so satisfied.... and I wasn't expecting this at all .... the only difference is the plant minerals ... just had to share this story!!!

**Paul Hornsey Pennell**, Devon UK

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## **Bowling without Pain**

I have suffered with pain in my knees for many years, football, cricket, squash, and I am now an indoor bowler. For years when I have bowled I have to take pain killers 20/30 mins into the game, in the last 2 weeks I have bowled about 10/12 games ( 2hrs per game ) and I have taken a party of handicapped people for a 2

hour coaching session. In all that time my co-codamol tablets have stayed in my locker.

Also due to broken bone in my wrist from 47yrs ago I haven't been able to bend my right thumb across to my little finger, I can now. As well as these two, for years I haven't been able to move my left arm above my head when sleeping face down, guess what, I can now. All thanks to **plant derived minerals !!**

**Roy Colebourn**

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## **Playing Golf with Ease**

When I first started taking **Plant Derived Minerals**, going down stairs was causing me a bit of pain due to my bad knees ( a reminder of my footballing days ) however after 3 weeks I was going down these stairs at a normal speed without any grumps or groans. In fact over the next few weeks I realized I had not had to take any Rennie's so no heartburn in the middle of the night or indeed at anytime. I have arthritis in my left thumb and right ankle and had to take Ibuprofen before and after playing golf but I am now playing without having to take anything.

**Peter Sewell**

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## **Neck Pain**

Bill had been having treatment for serious neck pain for over 12 years and had long since stopped his archery activities because of this. However, after approx 3 months of taking plant derived minerals he suddenly realised he no longer had pain in neck and was able to move and turn his neck significantly easier than before.

He has also noticed that while playing table tennis his eyesight has become better to the point where he stopped using his glasses when playing. Has strength, energy & stamina and doing many more sit ups and sleeping patterns also better...

## **Smashed Records at the Gym...**

I have been taking **Plant Derived Minerals** for a week now. I was instantly energised after taking the first Plant Minerals Fizzy drink!

My energy levels are now what they were 17 years ago! I am sleeping much better (had trouble sleeping for years). And when I went to the gym yesterday, I was expecting to be nowhere near my PBs as I hadn't done any exercise for over two months, but I smashed my records on many of the machines, I was resting for much less time between exercises, and rather than coming home feeling exhausted as I always have doing that workout, I came home feeling I still had plenty of energy.

...And I'm still getting a real buzz just after taking each Plant Minerals Fizzy drink!

**David Ransom**

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## **Extreme Sport Without Aches and Pains**

I have been feeling not on par for a while.. So I took a visit to my dear homeopath, The symptoms that I was experiencing were... involuntary shakes in my right hand and in my left leg.. I could not stop them, I was feeling very tired, and may I say it – I was getting hot flushes....

Eek. My emotions were all over the place, one moment crying the next laughing like a mad person, and my hips and joints were really aching

This is what my homeopath told me....

I was deficient in sodium and Deficient in protein

My electrolytes in my body due to the lack of sodium were causing the shakes.

I exercise quite a lot so I was sweating more. I really did not feel good. Now I have to tell you also that I am a junkie for supplements, my cupboard is full of them, and I am one of these people that try something for a week and forget.

Well, divine timing I call it.. My dear friend was having a conversation with me and just happened to talk about Plant Derived Minerals...

I was really impressed as they were 100% plant based, and so I thought I have nothing to lose. So I started the plink, plink, fizz experience and really within 2 weeks all my symptoms had disappeared.

I really put these minerals to the test. I did as much extreme sport as possible for the first two weeks just to make sure it was not in my head. I did extreme spinning, Combat classes, Hot yoga in 40 degree heat, Ran down the beach, Step classes.. ....and not a ache in my joints. The hot flushes have disappeared. I have more energy than I have had for a long time, and I feel fantastic.

Last week I got a stomach bug, which was not pleasant but within 24 hrs I felt great again, and I know that I would not have recovered so quickly without the minerals.

**Andrea Johnstone**

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## **Running Made Easy**



So I go for a run today just under 4 miles, only my second in the last 8 months!! I was bowled over at my efforts that at 45 years of age, to do under 8 minute miles, with so little training was excellent. The one thing that I found quite amazing was that for the past 20 years I have always had to run with strapping on both knees having had cortisone injections, etc. for pain and inflammation over the years. Today I ran without the knee straps for the first time and I have no pain and no adverse reaction. I have been taking **Plant Derived Minerals** along with Fizzy Vitamins and Krill Oil. Clearly the combination of all 3 have worked wonders for my aches and pains.

I look forward to keep running, pain free for many years to come.

**Graeme Masterton - Scotland**



## Finding's of a Coach and Athlete



I have been using plant derived minerals daily. As a coach and athlete I need to ensure that I am always healthy and ready to participate in events.

It has been amazing that during this time I have competed in an ultra-duathlon as well as championship race walking and even marathons and no fatigue from any of these events. I have trained harder than I have in the past with double sessions most days on different disciplines i.e. cycling, running, walking. I have remained injury free during all of this.

I certainly have been amazed at the consistency and improvement that I have seen personally.

**B McF**