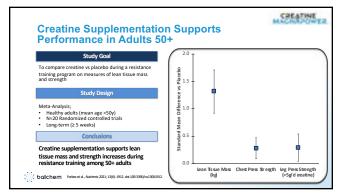


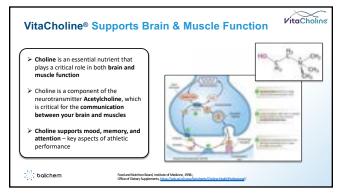
## \*\*Magnesium Carries an FDA Qualified Health Claim\*\* \*\*\*inconsistent and inconclusive scientific evidence suggests that diets with adequate magnesium may reduce the risk of high blood pressure (hypertension), a condition associated with many factors.\*\* \*\*Consuming diets with adequate magnesium may reduce the risk of high blood pressure (hypertension).\*\* \*\*FDA has concluded that the evidence is inconsistent and inconclusive.\*\* \*\*Some scientific evidence suggests that diets with adequate magnesium may reduce the risk of high blood pressure (hypertension), a condition associated with many factors.\*\* \*\*FDA has concluded that the scientific evidence supporting this claim is inconsistent and not conclusive.\*\*

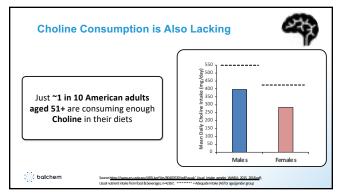
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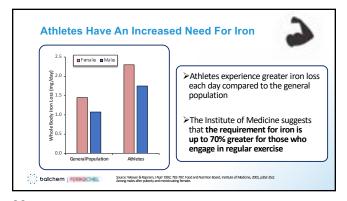
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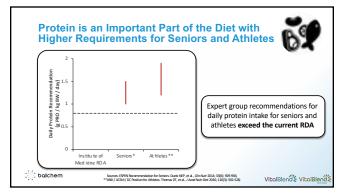












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Closing Nutritional Gaps Through Supplementation and Fortification is Like Filling Your Bathtub



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Nutrient Consumption is Important for the 50+ Athlete, but Nutrient Bioavailability is **Most Crucial** 



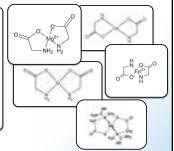
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## **Chelated Minerals Offer Significant Benefits**

- > Chelates are minerals bound to amino acids such as glycine
- Mineral chelates have been shown to reduce the binding of Anti-Nutrients (e.g., phytates) and are better absorbed than their non-chelated counterparts
- > Mineral chelates have better solubility making them well suited for specific applications (e.g., beverages)





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## **Summary: Fueling Active 50+ Consumers**

- > The 50+ consumer needs proper nutrition to best support an active lifestyle, including getting adequate intakes of essential nutrients like choline, minerals, and plant protein
- > Active adults age 50+ face several challenges in meeting these dietary needs:
  > Inadequate intakes of key nutriers (e.g., Choline, Calcium, Magnesium, Zinc)
  > Increased requirements (e.g., Iron, Protein)
  > Poor absorption (i.e., interference from Anti-Nutrients)
- $\textbf{\succ} \textbf{Chelated minerals} \text{ are excellent options for products targeted towards the active 50+ consumer}$ 

  - They provide essential nutrition to help dose nutrient gaps
    Are better absorbed compared to conventional mineral salts, especially in the presence of Anti-Nutrients
- Products targeted towards active 50+ consumers should provide key nutrients formulated to recognize their specific needs using forms that optimize nutrient absorption

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## PLANT POWER Delicious sports nufficion shake Downed by the goodness of plants Your workout is an important part of your day, setting you up for success, mentally and physically. The nutritional products you consume should complement you fifestyle, no matter what diet you follow. NEW Plant Power sports nutrition shake helps take the guesswork out of your routine, with important nutrients and 15g of plant-based protein packed in every serving! Plant Power contains a hefty serving of protein from chickpea and medium chain triplycarides for clean fuel. Neve added a unique, patented ingredient, Creatine Magna Power<sup>6</sup> (CMP) to help deliver energyproducing ATP to muscle cells for increased anaeroic performance. CMP not only contains creatine but also magnesium, to help increase the bioavailability of creatine and your body's capacity to make ATP and improve carbolydrate digestion. Finally, the advanced mineral complex of nutrients like chromium, bronn, potassium and copper round out this delicious shake!