



Barbs Wellness LLC

Healthy Lifestyle Solutions

970-264-0882

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Consumer Product Guide TERRAMIN®

Thank you on your purchase of TERRAMIN edible clay from Barbs Wellness LLC. We would like to share a few important things about the product. We hope you enjoy reading about this product and that you benefit from its use.

TERRAMIN is our ingestible grade of ION-MIN; our all-natural, premium Calcium Montmorillonite clay mineral compound and detoxifier. The source of this material is a single mine in the Colorado River basin, in southeastern California. The clay compound from this mine has been sold under several brand names for over 50 years and is now branded ION-MIN" produced by California Earth Minerals Inc. (CEM). All of our clay products are proudly made in the USA.

ION-MIN" is a high-quality food-grade mineral complex that contains no organic/living matter. It is a pure, nutrient-rich mineral enrichment system in colloidal form.

ION-MIN' is also sold in several grades in consumer and commercial products for a myriad of helpful applications. CEM is a company that believes in natural products, personal choice in health, ecological restoration, and consumer safety. We only sell the highest quality natural products.

Our motto is "Live Healthy! TM" and through our products, we hope you get the most out of life and take charge of your health choices. We believe that science is the key to our research and development of top quality ION-MIN' products.

Montmorillonite

This Montmorillonite clay mineral is sometimes called Bentonite and sometimes 'Smectite". In England they occasionally call it "Fuller's Earth". It is naturally-occurring clean clay that is found in pure, undisturbed, form in only a few places on earth.

It is pronounced "Mont-more-ill'-o-night" ...which is for some people hard to say, and which is why some folks just call it Bentonite. It is an aluminum silicate, a particularly safe and beneficial form of clay. The general family of aluminum silicates is a very common mineral composite in the earth's crust, one of the most commonly found minerals on the earth. Our abbreviation for **Calcium Bentonite/ Montmorillonite is CB/M.**

It is important to understand something about clay mineralogy. Each clay type is specifically formulated by nature. And each type has special properties that make it suitable for particular kinds of human use. Because they are nano-materials, clays are often used in industrial processes or as ingredients in non-edible consumer goods. A cousin clay to CB/M is Kaolin, the compound used to cure diarrhea. Zeolite is also a cousin to CB/M, which is used in water filtration and softening products. Quartz is a distant cousin mineral. CB/M is being studied as a soil additive for enriching depleted agricultural soils, and as a nano-material for better and more natural polymer composites.

TERRAMIN` is a "2-in1" mega-mineral supplement. Our Calcium Montmorillonite is not only loaded by nature with 57 macro, micro and trace minerals in active, ionic, colloidal form... but when hydrated, it also has a strong negative ionic charge that allows it to powerfully draw toxins out of your body. No other substance or product on earth is a better source of trace minerals and at the same time can detoxify your body using direct adsorption and absorption.

Sodium Bentonite/ Montmorillonite

It is important for you to know that there are two primary forms of Montmorillonite or Bentonite, and you should understand the difference because this is a very important distinction for you.

Sodium Bentonite (SB/M) is swelling clay, meaning when water is added it swells to 12-20 times its original volume and becomes thick, clumpy, and dense. It is used as a pond sealer and thickening agent in paints, etc. It is also used as an injection agent in oil drilling. Some people use it as a detoxifier because of its high pH and strong drawing power. We recommend not using SBIM internally because it will tend to dehydrate and constipate. Also because it is a Sodium Montmorillonite, may not have the right ratios of calcium, magnesium to sodium.

TERRAMIN is not Sodium Montmorillonite.

It is Calcium Montmorillonite, which does not swell as much and is perfect for personal care uses. CB/M is used worldwide as a minerals source, antiseptic, hemostat, analgesic, and detoxifier.

Safe and Effective:

Calcium Bentonite) Montmorillonite (CB/M) is known to be safe to ingest when used as directed. The FDA considers it "GRAS": Generally Regarded as Safe. And it is one of only a few specific mineral compounds the USDA allows to be added to products listed as "organic".

ION-MIN has been used in edible branded products for over 40 years and we've never encountered any adverse human physiological reactions. It is non-allergenic and non-toxic and has no additives. Once again, it actually pulls toxins directly out of your body when used as directed. It will not upset your stomach, and in fact will soothe the digestive tract. TERRAMIN" has antiseptic, anti-diarrheal and antimicrobial properties. It also acts as a mild natural pain reliever.

Warnings:

The only warnings or advice we can give you about this safe product is:

Use as directed in moderate servings.

- ✚ **Keep out of reach of children.** Not supplement or pharmaceutical sold over the counter or prescribed to you should be left within the reach of children.
- ✚ **Don't take TERRAMIN' with meals or other supplements or prescription drugs.** The reason is that its detoxification properties may compete with your body in absorbing the other things you are taking. Wait 1 hour between meals and other supplements. Many people take it at night.
- ✚ **Do not inhale the powdered form of TERRAMIN`.** This product is meant to be ingested, not breathed. You don't breathe food or water because even though your body needs them, they are not meant for your lungs. The same is true of minerals. Accidentally inhaling a little won't harm you.

***The label contains an iron warning.** This is an FDA requirement for all supplements containing over 30 mg of iron per dose. It is an unusual warning in that the original premise—that some children in the US were getting sick from ingesting a particular form of iron called iron sulfate, is not an ongoing problem. The facts no longer support the warning, which began in 1997. CEM believes it's a classic case of the government over-reacting then permitting no sunset on its original involvement. It is important to understand that the "poisoning" from child overdoses was not because the iron was being digested and getting into the blood or organs. It was because the sulfate form of iron was corrosive the lining of the stomach.

At CEM, we want to be clear about this warning and the reality behind it. While far more children in the US are iron deficient than are likely to ingest too much iron, and while TERRAMIN' is a good source of iron, TERRAMIN" it does not and cannot cause the "poisoning" that gave rise to the FDA iron warning.

The iron in ION-MIN is mostly trivalent ionic Ferrous Oxide, which is a common and safe, natural form of iron. TERRAMIN's mineral delivery mechanism is sustained-released, so it cannot contact the stomach lining in a concentrated form. The iron in TERRAMIN is strongly adsorbed (electrically bonded) onto the silica through ionic attraction. During digestion, some of the iron will be released in your stomach in a time-released manner, as a result of your stomach acids and most of the released iron will not be absorbed (passed through the intestinal walls) into your body unless your body needs it. Iron is tightly regulated by the body's metabolism and cannot be absorbed unless your body recognizes the need for iron and sends proteins to your intestine to bind iron and take it up.

In fact, once ION-MIN reaches the small intestine, it becomes alkaline again as part of normal digestion; ION-MIN" will reabsorb the iron as well as other minerals and even toxins that your body is trying to eliminate. So it is just as capable of removing unneeded iron from your body as it is of providing iron nutrients. Typical vitamin and mineral supplements don't work this way.

Research

ION-MIN' and other similar iron-rich CB/M products have been used in animals and humans for generations without any indications of toxicity even at high levels of supplementation. Animal studies show that ION-MIN fed up to 4% of the diet continues to contribute to nutrition and growth without any signs of toxicity. Our studies indicate that up to 10% of the diet of many animals can be ION-MIN without harm.

Nevertheless, we support all efforts to protect children, and we choose to put the warning on the label as a matter of compliance.

At CEM, we believe in science and research in support of our products. We believe you should be informed and understand how things like TERRAMIN" work in your body. CB/M is a mineral that has been widely researched all over the world for nutrition, detoxification, and ecological remediation, as well as industrial uses.

We are committed to ongoing research and development in support of our products. Unless the information we have is proprietary, we'd enjoy sharing our research with you. We also have an archive that contains a wealth of knowledge about the science of CB/M as well as studies that reinforce our claims and add to our understanding of the attributes of the clay. If you would like to obtain any research, please contact us at 970-264-0882.

How is it made?

TERRAMIN"" is made from ION-MIN. It is our food-grade compound. ION-MIN"" comes from ancient volcanic ash and tectonic plate activities within our earth when the US Colorado Mountains were formed. Our deposit was formed by the actions of the Colorado River on these miniscule minerals that were washed into the pristine Colorado Mountains. Hydraulic action and natural geological activity caused the silica ions to attract a balanced portfolio of minerals. When the ancient river overflowed its banks seasonally, in certain areas the CB/M material settled into a desert basin. The water quickly evaporated and the extremely fine particulate was left in the hot dry desert, preserving its open ionic state. Over the ages, the material was deposited and compacted and buried, far below any way for man to have disturbed it or interfered with its purity.

We carefully extract ION-MIN from at least 12 feet below the surface of the earth. We then mill the clay to various grades and mesh sizes. This is not the same as pulverizing. ION-MIN' is natively in extremely fine powder form, but being so far under the earth, it is compacted in pure form. We 'un-compact' it restoring to a natural powder form and store it in vapor-resistant bags. We then package it in powder or tablet form using food-grade jars or bags and tamper-resistant seals. All of our mining activities are eco-friendly.

What does it smell like?

When you open the jar, you will notice that TERRAMIN - has a very clean, almost detergent-like smell. This has to do with its purity and the fact that there are no biotic materials in it. It is purely mineral content. As a disinfectant and anti-microbial compound, it is free of toxins and dead organic matter so you would perhaps expect it to smell clean.

What does it taste like?

TERRAMIN' tastes slightly different to each person. Some call it chalky or paste-like. Others say it is slightly salty or even has a medicinal flavor. The flavor can even vary based on what you last ate or how you are feeling from time to time. The important thing is that it has a neutral, bland mineral flavor. But a culinary experience is not what this edible clay is meant to provide. The mineral complex is a nutrient supplement not a food. If you don't like the taste, try our tablets or caplets. If you like the flavor, use the powder or even chew on the tablets.

The flavor may vary somewhat from batch to batch. This is an all-natural product, and therefore precise consistency in taste and smell is difficult for us to maintain. So we cannot guarantee that you will experience identical taste sensation each time you buy our product.

Texture:

The natural state of the mineral ION-MIN' is an extremely fine powder. In standardizing the proper mesh size for TERRAMIN", we remove any larger sediments and the result is a talc-like texture. When it is hydrated in a glass of water, it makes a colloidal mixture. Some of the heavier particles fall to the bottom, and the extremely small particulate remains in suspension, making the water cloudy. When you drink the water, you may need to keep stirring to be sure you consume all of it.

Shelf Life:

Unlike vitamins and plant-derived products, TERRAMIN has no shelf life. We believe the material is millions of years old. So if you have it around the house for a few years, you certainly won't have a problem with expiration. This is why we don't give it an expiration date. We recommend that to keep out contaminants you store it with the lid tight and keep it in a dry place.

Supplement Facts:

TERRAMIN' provides 57 macro, micro and trace minerals. The US Food and Drug Administration only recognizes only 17 minerals and metals as "essential" for human health, and only has "daily values" established for six of them! Yet nutritional science has proven that many more elements are needed or are beneficial in trace amounts for metabolic and health-supporting purposes. Some minerals are necessary only in hyper-trace amounts, such as a few "parts per million".

The problem is that even in the abundance of the Western diet, most people simply do not get enough of many important minerals and other nutrients from the foods we eat. Our nutritional deficiency and mineral imbalance is contributing to chronic health problems. One reason is our reliance on processed foods. Another factor is that our food chain is woefully depleted of the trace minerals that were originally deposited in the soil and are no longer there. Without supplementation, we simply cannot be sure we are getting the right amounts and ratios of many mineral elements.

You simply cannot get all these trace elements in such a highly bioavailable form from any other source in the marketplace. TERRAMIN offers a complete portfolio of colloidal minerals in a concentrated delivery system...all in one compound that detoxifies as it remineralizes your body.

Minerals Included:

<i>Element</i>	<i>Abbrev</i>	<i>Ratio</i>	<i>Element</i>	<i>Abbrev</i>	<i>Ratio</i>
<i>Inert Elements</i>			Molybdenum	Mo	<i>3 ppm</i>
Aluminum oxide	Al ₂ O ₃	<i>18.3%</i>	Neobymium	Nd	<i>42 ppm</i>
<i>Bioavailable Elements</i>			Beryllium	Be	<i>2.4 ppm</i>
Silica	SiO ₂	<i>55.3%</i>	Gallium	Ga	<i>21 ppm</i>
Calcium	CaO	<i>4.69%</i>	Selenium	Se	<i>3 ppm</i>
Iron Oxide	FeO	<i>0.14%</i>	Tungsten	W	<i>3 ppm</i>
Ferrous Oxide	Fe ₂ O ₃	<i>4.35%</i>	Germanium	Ge	<i>10 ppm</i>
Magnesium	MgO	<i>2.88%</i>	Cerium	Ce	<i>79 ppm</i>
Potassium	K ₂ O	<i>2.8%</i>	Rubidium	Rb	<i>129 ppm</i>
Phosphorus	P ₂ O ₅	<i>0.15%</i>	Yttrium	Y	<i>2 ppm</i>
Sodium	Na ₂ O	<i>1.13%</i>	Niobium	Nb	<i>17 ppm</i>
Manganese	Mn ₂ O ₃	<i>0.04%</i>	Cadmium	Cd	<i>5 ppm</i>
Lanthanum	La	<i>45 ppm</i>	Scandium	Sc	<i>16 ppm</i>
Titanium	TiO ₂	<i>0.68%</i>	Samarium	Sm	<i>6.8 ppm</i>
Copper	CuO	<i>34.8 ppm</i>	Europium	Eu	<i>1.1 ppm</i>
Cobalt	CoO	<i>28 ppm</i>	Terbium	Tb	<i>1.3 ppm</i>
Barium	BaO	<i>461 ppm</i>	Hafnium	Hf	<i>4 ppm</i>
Zinc	Zn	<i>97.3 ppm</i>	Ytterbium	Yb	<i>2.8 ppm</i>
Gold	Au	<i>5 ppb</i>	Praseodymium	Pr	<i>9.1 ppm</i>
Platinum	Pt	<i>11 ppb</i>	Gadolinium	Gd	<i>5.6 ppm</i>
Chromium	Cr ₂ O ₃	<i>100 ppm</i>	Dysprosium	Dy	<i>4.8 ppm</i>
Strontium	SrO	<i>205 ppm</i>	Holmium	Ho	<i>1.04 ppm</i>
Nickel	NiO	<i>51 ppm</i>	Erbium	Er	<i>3.0 ppm</i>
Zirconium	ZrO ₂	<i>143 ppm</i>	Thulium	Tm	<i>2.8 ppm</i>
Boron	B ₂ O ₃	<i>108 ppm</i>	Yttrium	Y	<i>34 ppm</i>
Cesium	Cs	<i>12 ppm</i>	Lead	Pb	<i>5 ppm</i>
Tin	Sn	<i>5 ppm</i>	Arsenic Oxide	As	<i>5 ppm</i>
Thorium	Th	<i>15 ppm</i>	Silver	Ag	<i>1 ppb</i>
Bismuth	Bi	<i>5 ppm</i>	Palladium	Pd	<i>1 ppb</i>
Bromine	Br	<i>6 ppm</i>	Iodine	I	<i>< 1 ppb</i>
Vanadium	V ₂ O ₅	<i>127 ppm</i>	Lithium	Li	<i><1 ppb</i>
Sulfur	SO ₃	<i>.05%</i>	Mercury	Hg	<i>none</i>
Tantalum	Ta	<i>2 ppm</i>	Nitrate	NO ₃	<i>none</i>

Analysis performed by: XRAL Laboratories/SGS Group; using MGS, XRF, other analyses Measured as a percentage of product dry; however all packaged products will contain some amount of moisture. Product is 100% natural and contains no additives, preservatives, biotic organism or pathogens (California Earth Minerals provided classification of inert and bio-available minerals for this document)*

Aluminum Content:

Some people have expressed concern about the fact that CB/M contains aluminum. Please do not be concerned. The aluminum in ION-MIN and therefore TERRAMIN is contained within the silicate molecular structure. Not only is silica largely inert and therefore indigestible, but the aluminum is not extractable from it. It is a natural part of the mineral itself, not just an ingredient.

Aluminum can be toxic, especially when you are exposed to man-made forms of it in overdose amounts. But not only is the aluminum in TERRAMIN not releasable, the compound will attract and detoxify aluminum that is present in your body. It attracts and eliminates all heavy metals that do not belong in your body.

Silica not Glass

Some people have expressed concern that TERRAMIN is comprised of glass, because glass is made up mainly of silica. But there is no basis for this claim or concern in science. Glass is mostly quartz, a completely different mineral/ crystal structure than ION-MIN or any other CB/M. Quartz silicates are not beneficial for nutrients or detoxification. ION-MIN is made from volcanic ash and hydrolysis to form a clay that is both soothing to the intestinal tract, and beneficial in its use as a mineral source and detoxifier.

Not a Good Source of...

ION-MIN contains 57 minerals, most of which have been demonstrated to be highly supportive of healthy cells, metabolism and immune function. However, there are some minerals that ION-MIN does not contain. These tend to be those that do not hold a positive ionic charge.

Remember, ION-MIN crystals are powerful anions...they have negative voltage. Cations or positive ions stick to it like iron to a magnet.

But some elements are anions like ION-MIN, so they don't adhere to it and therefore were not combined. Other elements may not have been present in the geology at the place and time ION-MIN was formed. TERRAMIN is not a good source of the following elements:

- ✚ Iodine (I)
- ✚ Chlorine (Cl)
- ✚ Fluoride (F)
- ✚ Nitrogen (N)
- ✚ Silver (Ag)

Also, our products contain no mercury and almost no lead.

Use With:



TERRAMIN^a can be used with green bio-foods for a super supplement/ detoxifier. It can also be used with psyllium to help flush out toxins from the intestines and colon. Use [TERRAMIN'](#) with [TerraBathe](#) and [Terrasilk](#) for a complete body support treatment.

Because TERRAMIN contains iron and other minerals in extremely small particles, if it gets into fabrics it can cause a stain. This stain is not a chemical reaction, but just extremely small particles getting into the porous fibers. The best way to remove it is to wash the fabric with mild soap and water. When cleaning up, use a sponge or disposable towel. Hot water will not set the stain. Repeated washing will help.

If you have other questions, please visit our web site at: <http://www.barbswellness.com/HealingClay/Faq.aspx>

Barbs Wellness LLC has a complete line of consumer and commercial products for personal and environmental health. [Please see our other products listed on our web site.](#)

Or call Barb: 970-264-0882



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