FULVIC MINERALS

Country of Origin: USA
Earth-Derived • Water-Soluble • Food-Grade

Fulvic mineral powder is a naturally occurring compound formed through the slow decomposition of ancient plant matter. In traditional and modern wellness practices, it is valued as one of nature's most effective electrolytes, supporting essential cellular metabolic processes.

Through natural humification, fulvic acid binds with trace minerals to become water-soluble and stable, known as fulvic minerals, or fulvates. In this form, fulvic is traditionally used to enhance nutrient density, remineralize water, and help replenish trace minerals often missing from modern diets. It has also been studied for its antioxidant and antimicrobial properties and its role in supporting energy production and cellular balance.

Our fulvic is USA-made, non-coal-derived, fully water-soluble, and carefully filtered for purity. It delivers a broad spectrum of naturally occurring trace minerals, electrolytes, antioxidants, amino acids, enzymes, and flavonoids.

FUNCTIONAL CONSTITUENTS

Fulvates	Fulvic acid naturally binds with trace minerals through humification, forming fulvates - water-soluble mineral complexes that act as powerful electrolytes. This binding is what allows minerals to dissolve easily in water and remain stable and bio-available.
Trace Minerals & Electrolytes	Fulvic minerals naturally contain a broad spectrum of trace minerals, including those often missing from modern diets. These minerals support hydration, mineral balance, and cellular metabolic processes.
Organic Compounds	In addition to minerals, fulvic contains naturally occurring organic compounds such as antioxidants, amino acids, enzymes, and flavonoids. Together, these compounds contribute to fulvic's traditional use as a foundational support for nutrient transport and cellular balance.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC6151376/ https://pmc.ncbi.nlm.nih.gov/articles/PMC7758121/ https://pubmed.ncbi.nlm.nih.gov/25888188/ https://pubmed.ncbi.nlm.nih.gov/21073632/

HOW WE SOURCE

Fulvic minerals vary widely in quality depending on where they come from and how they are extracted. Many products on the market are coal-derived (shilajit), chemically altered, or overly concentrated, resulting in a substance that behaves very differently from true fulvic.

We source our fulvic from naturally occurring mineral deposits formed through the decomposition of ancient plant matter. Our manufacturer specializes in isolating true fulvic minerals using a gentle, non-chemical process that preserves the natural structure and function of the compounds. This approach avoids harsh solvents, synthetic manipulation, and coal-derived humic blends.

The result is a fulvic mineral powder that is fully water-soluble, stable, and close to its natural form.

OUR FULVIC IS:

- Plant-derived, not coal-derived
- Extracted without harsh chemicals or solvents
- Fully water-soluble and clean-tasting
- Carefully filtered and tested for purity
- Naturally rich in trace minerals and organic compounds

We do not use synthetic fulvic, chemically altered humates, shilajit, or low-grade mineral concentrates.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Plant-derived fulvic minerals*
- Non-coal-derived source*
- Fully water-soluble (dissolves cleanly in water)*
- Minimal processing with gentle extraction*
- Transparent sourcing and purity testing*

Avoid:

- Coal-derived humic or fulvic blends*
- Insoluble, gritty, or muddy textures*
- Over-concentrated or artificially dark products*
- Chemically altered humates or synthetic fulvates*
- Products with unclear or undisclosed sourcing*

HEART & BODY NATURALS

MANUFACTURED BY:
Green Organics, LLC
Heart & Body Naturals

support@hbnaturals.com
HBNaturals.com
Pure Plant Intelligence™

754 Cincinnati-Batavia Pike
Cincinnati, OH 45245
v032026: 1/2

HOW TO USE FULVIC

Fulvic is valued for its versatility and ease of use. In the stillroom, it is worked quietly into daily routines rather than taken as a stand-alone intervention.

Daily Water Ritual

Fulvic is most often dissolved into filtered, non-chlorinated water. This simple practice is used to support hydration, electrolyte balance, and daily mineral intake.

Many prefer to take it first thing in the morning or sip it throughout the day.

Stillroom Use Notes

Fulvic works best when used consistently and simply. Small amounts, taken regularly, are preferred over large or sporadic use.

WHAT IT SUPPORTS

Fulvic minerals are traditionally used to support the body at a foundational level. When taken consistently and in small amounts, they are commonly used to support:

- Daily hydration and electrolyte balance*
- Trace mineral replenishment*
- Nutrient transport and mineral absorption*
- Cellular energy and metabolic processes*
- Overall mineral balance in modern diets*
- Natural detoxification and gentle cellular cleansing support*

Fulvic is not used for quick results. It works best as a steady, daily foundation that supports all the systems that allow the body to regulate itself. Along with Black Seed Oil, it is considered a daily must for health and longevity.

USAGE SUGGESTIONS

- Start with ¼ to ½ a scoop, and gradually build to a full scoop once per day.*
- Sprinkle lightly in up to 8 ounces of non-chlorinated water in a stainless or glass container. Allow powder to dissolve, stirring if necessary.
- Best consumed two hours before or after prescription medications.*

Supplement Facts

Servings per container: Approximately 80
Serving Size: 1 scoop (about 350 mg)

	Amount per serving	% DV*
Fulvic Acid (plant derived mineral complex)	**350mg**	†
Contains naturally occurring trace minerals, electrolytes, amino acids, and flavonoids		

†Daily value not established.

Manufactured by Green Organics, LLC • *Pure Plant Intelligence™*
754 Cincinnati-Batavia Pike • Cincinnati, OH 45245 • HBNaturals.com
Made in the USA with thoughtfully curated global ingredients.
Best If Used By: 12 months from date of purchase.

These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

FULVIC IN THE STILLROOM

Fulvic holds a foundational place in the stillroom. It is not aromatic, seasonal, or situational. It is kept for daily use, woven quietly into water and routine.

Unlike herbs or oils that are reached for at specific moments, fulvic is used to support the body's internal terrain, helping minerals dissolve, move, and be utilized. Its role is subtle but structural, working beneath the surface rather than creating a felt effect.

In the stillroom, fulvic is treated as a mineral bridge, pairing earth and water, nourishment and movement. It is taken consistently, in small amounts, and with respect for the slow work it does over time.

MORE WAYS TO USE FULVIC

Mineral Pairing

Fulvic is commonly paired with other minerals or trace mineral blends. Its natural structure helps minerals dissolve evenly in water, making it a foundational companion to mineral-focused routines.

With Meals

Some use fulvic alongside meals to support nutrient utilization and mineral balance, especially in diets low in trace minerals.

Travel or Stress Support

Because mineral depletion can increase during travel, physical stress, or dehydration, fulvic is often used more intentionally during these times to help maintain balance.

Stillroom Use Notes

Fulvic works best when used consistently and simply. Small amounts, taken regularly, are preferred over large or sporadic use.

CAUTIONS

Safety Group 2: Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester. Keep out of reach of children. A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.