

# Vital Core Trio

Ocean Minerals. Earth Minerals. Black Seed Immune Support.

**FBN**naturals  
PRODUCT INFORMATION PAGE

The **Vital Core Trio** provides a complete foundation of daily nutrients by uniting ocean minerals, earth minerals, and plant-based immune support in one simple system. These three formulas are safe to use together when taken as directed, and they complement one another to help strengthen your daily wellness routine. Used consistently, they may enhance each other's benefits and support a more balanced, nourished foundation for overall well-being.\*

## WHAT'S INSIDE THE VITAL CORE TRIO



**FULVIC MINERALS**  
A daily mineral powerhouse that helps your body mobilize, bind, and release built-up toxins. Supports deeper nutrient absorption and a cleaner internal terrain so your system can function at its best.\*

**OCEAN VITALITY**  
A concentrated ocean-mineral blend that helps nourish cells, restore trace mineral balance, and support gentle detox pathways. Encourages a more energized, resilient foundation from the inside out.\*

**FREE BLACK SEED OIL**  
A time-honored botanical that supports balanced inflammation, immune strength, and healthy digestive flow. Helps fortify your body's natural defenses while promoting a clearer, more vibrant sense of well-being.\*

## HOW THEY WORK TOGETHER

### Ocean Vitality + Fulvic Minerals

Ocean Vitality delivers iodine, magnesium, potassium, and calcium from sea vegetables, while Fulvic Minerals provide 70+ trace minerals and essential electrolytes from ancient earth sources.

Used together they help support:

- Mineral replenishment\*
- Thyroid and metabolic function\*
- Cellular hydration and electrolyte balance\*
- Energy production and nutrient absorption\*

### Ocean Vitality + Black Seed Oil

Ocean minerals help maintain metabolic balance by supporting electrolyte harmony, cellular hydration, and overall mineral replenishment, while Black Seed Oil provides additional immune support through its naturally occurring antioxidants and beneficial plant compounds.

This combination may help support:

- Immune resilience\*
- Healthy digestion and detox pathways\*
- Overall vitality and daily wellness\*
- Balanced inflammatory response\*

### Fulvic Minerals + Black Seed Oil

Fulvic minerals may support nutrient uptake, which can further enhance the body's ability to effectively utilize the plant-based omegas and thymoquinone found in Black Seed Oil.

Used together they help support:

- Immune function\*
- Healthy inflammation balance\*
- Respiratory wellness\*
- Antioxidant and cellular protection\*

### Overall Synergy

Taking all three products together provides a broad spectrum of minerals and plant compounds that help support cellular resilience, balanced immune function, and the body's natural ability to maintain overall wellness and long-term vitality.

Used together they help support:

- Mineral balance\*
- Energy and metabolism\*
- Immune response\*
- Cellular function and repair\*

# Fulvic Acid Mineral Powder

essential biominerals



Fulvic Acid Mineral Powder is a naturally occurring compound from decomposed plant matter and one of nature's most powerful electrolytes, supporting essential cellular metabolic processes. When bound with minerals through humification, it becomes water-soluble, stable, and known as fulvic minerals (fulvates). Naturally anti-microbial, it enhances nutrient density, can remineralize water, and may help replenish trace minerals missing from modern diets. Research shows fulvic acid can neutralize free radicals, help correct cellular imbalances, and support energy production. Our USA-made, non-coal-derived powder is non-toxic, gluten-free, non-GMO, and fully water-soluble, delivering 70+ trace minerals, electrolytes, antioxidants, amino acids, enzymes, and flavonoids.\*



## DIRECTIONS

- 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*
<b>Fulvic Acid</b> (plant derived mineral complex)	<b>350mg</b>	†
<i>Contains naturally occurring trace minerals, electrolytes, amino acids, and flavonoids</i>		
†Daily value not established.		
<small>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.</small>		
<small>These statements have not been evaluated by the Food &amp; Drug Administration.            This product is not intended to diagnose, treat, cure, or prevent any disease.</small>		

## FUNCTIONAL CONSTITUENTS

- **Fulvates:** Fulvic acid naturally binds with dozens of trace minerals (iron, zinc, magnesium, manganese, selenium, etc.), forming highly bioavailable fulvate complexes that act as powerful electrolytes.\*

### Clinical studies for Fulvic Minerals:

- <https://pubmed.ncbi.nlm.nih.gov/21073632/>
- <https://pubmed.ncbi.nlm.nih.gov/28244332/>
- <https://pubmed.ncbi.nlm.nih.gov/29580088/>
- <https://pubmed.ncbi.nlm.nih.gov/15379912/>
- <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/32995299/>

## CAUTIONS

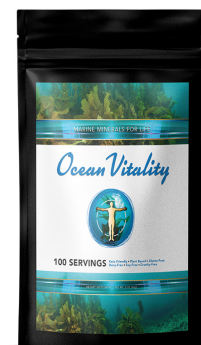
- **Safety Group 2:** Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.\*
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- Keep out of reach 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.

# Ocean Vitality

marine minerals for life

Ocean Vitality combines four nutrient-dense sea vegetables - nori, kelp, dulse, and Irish sea moss - to deliver a broad spectrum of naturally occurring vitamins, minerals, and antioxidants that support whole-body wellness. This synergistic blend provides plant-based sources of iodine for healthy thyroid function, along with calcium, magnesium, potassium, iron, and B vitamins for energy, metabolic balance, and nervous system support. Rich in antioxidants and soothing nutrients, these ocean botanicals also promote digestive comfort, healthy inflammation responses, and gentle detoxification. Ocean Vitality offers a simple, potent way to replenish minerals often lacking in modern diets and to nourish the body with the restorative benefits of the sea.\*



## DIRECTIONS

- Add 1 scoop to 16 ounces of water. Can be added to other supplements, food, smoothies, juices, facial masks, and baths.\*

## FUNCTIONAL CONSTITUENTS

- **Iodine:** Critical for healthy thyroid hormone production and metabolic regulation; abundant in kelp, nori, and Irish sea moss.\*
- **Polysaccharides (including carrageenan from Irish sea moss and alginates/fucoidans from kelp):** Known for soothing the digestive tract, supporting gut health, assisting detoxification, and gently modulating immune responses.\*
- **Potassium:** Especially abundant in dulse and kelp; key for electrolyte balance, blood pressure, and both nerve and muscle function.\*
- **Magnesium:** Substantial in kelp and sea moss; supports energy production, muscle and nervous system health.\*
- **Calcium:** Present in meaningful amounts in kelp and Irish sea moss; important for bone strength and overall metabolic function.\*

### Clinical studies for Ocean Vitality Ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7738648/>
- <https://pubmed.ncbi.nlm.nih.gov/29161815/>
- <https://pubmed.ncbi.nlm.nih.gov/31353655/>
- <https://pubmed.ncbi.nlm.nih.gov/15833383/>

## 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 2<sup>nd</sup> trimester.\*
- Keep out of reach of children.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*

Supplement Facts		
Serving Size: 1 scoop (.56 grams)      Servings per container: 100		
Amount per serving		
Calories	<b>6.12</b>	
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
<b>Total Fat</b>	.035g	.17%
Calories From Fat	0	
Saturated Fat	0g	0%
Trans Fat	0g	0%
<b>Total Carbohydrate</b>	.82g	.43%
Dietary Fiber	.6g	1.6%
Sugars	0g	
<b>Protein</b>	.56g	0%
Calcium	114mg	9%
Iron	3mg	17%
Potassium	85.07mg	2.5%
Iodine	3326.5mcg	2167%
Sodium	46.48mg	2.02%
Vitamin D	0mcg	0%
Zinc	0.72mg	9%
Selenium	1.41mcg	2.6%
Molybdenum	.69mcg	1.5%
Copper	.016mg	1.7%
Manganese	.23mg	10%
Vitamin A	7.5mcg	.83%
Vitamin C	.91mg	1%
Folate (Vitamin B9)	60.05mcg	15%
Niacin (Vitamin B3)	.115mg	.72%
Riboflavin (Vitamin B2)	.025mg	1.9%
Thiamine (Vitamin B1)	.025mg	2.08%
Phosphorus	6.84mg	.98%
Magnesium	24.66mg	6.85%

100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.

**Ingredients:** Organic Nori (Porphyra umbilicalis), Organic Kelp (Laminaria hyperborea), Organic Kelp (Ascophyllum nodosum), Organic Kelp (Laminaria digitalis), Organic Dulse (Palmaria palmata), Organic Irish Sea Moss (Chondrus crispus)

**Allergen Information:** This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.

**Important Information:** This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*\*Daily Value not established.

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- <https://pubmed.ncbi.nlm.nih.gov/40997430/>
- <https://pubmed.ncbi.nlm.nih.gov/38248672/>
- <https://pubmed.ncbi.nlm.nih.gov/24573490/>
- <https://pubmed.ncbi.nlm.nih.gov/14583417/>

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## OCEAN VITALITY BATH

- 2 tablespoons Ocean Vitality
  - ½ cup of Epsom salts
  - 10 drops of your favorite essential oil (optional)
1. Combine Ocean Vitality and epsom salts in a small bowl and mix well. If using essential oil(s), add to the dry mixture and stir thoroughly.\*
  2. Fill tub with warm water and add mixed ingredients.\*
  3. Immerse yourself in the bath and soak for 20 to 30 minutes.\*
  4. After soaking, rinse your body with clean water. Pat skin dry and apply your favorite moisturizer to lock in the hydration.\*

## OCEAN VITALITY FACIAL MASK

- 2 tablespoons Ocean Vitality
  - 1 tablespoon honey (for hydration)
  - 1 tablespoon yogurt (for lactic acid benefits)
  - 1 teaspoon lemon juice (optional, for brightening)
  - Water or green tea (as needed for consistency)
1. In a small bowl, combine the Ocean Vitality with honey and yogurt. If you're using lemon juice, add it to the mixture.\*
  2. Gradually add water or green tea to the mixture. Stir well until you reach a smooth paste that is spreadable but not too runny.\*
  3. Before applying the mask, make sure to cleanse your face thoroughly to remove any makeup or impurities.\*
  4. Using clean fingers or a brush, apply the mask evenly over your face, avoiding the area around your eyes.\*
  5. Leave the mask on for 15 to 20 minutes. You may feel a slight tingling sensation, which is normal.\*
  6. Once the time is up, rinse off the mask with lukewarm water. Follow up with your favorite moisturizer.\*

### Tips:

- Always do a patch test before applying the mask to your entire face to check for any allergic reactions.\*
- Use this mask once a week for best results.\*
- Store any leftover mask in the refrigerator and use it within a few days.\*
- Enjoy the refreshing, nourishing benefits of this mask!\*

## OCEAN VITALITY SMOOTHIE

- 1 tablespoon Ocean Vitality
  - 1 banana
  - 1 cup spinach or kale
  - 1 cup milk of your choice
  - 1 tablespoon preferred nut butter (almond, peanut, etc.)
  - 1 teaspoon honey or maple syrup (optional)
1. Combine all ingredients in a blender. Blend until smooth.\*
  2. Adjust sweetness if desired and serve immediately.\*

## SALAD DRESSING

- 1 tablespoon Ocean Vitality
  - ¼ cup olive oil
  - 2 tablespoons apple cider vinegar
  - 1 teaspoon Dijon mustard
  - 1 clove garlic, minced
  - Salt and pepper
1. Whisk together all ingredients in a bowl until well blended.\*
  2. Adjust seasoning to personal taste and drizzle over your favorite salads. Can be stored refrigerated for 1 to 2 days.\*

## QUINOA POWER BOWL

- 1 tablespoon Ocean Vitality
  - 1 cup cooked quinoa
  - ½ cup cherry tomatoes, halved
  - ½ cucumber, diced
  - ¼ cup chickpeas (canned/drained or cooked)
  - Dressing of your choice (e.g., olive oil, lemon juice, or the salad dressing above)
1. In a large bowl, gently mix the cooked quinoa, vegetables, and chickpeas.\*
  2. Sprinkle Ocean Vitality over the top and drizzle with your chosen dressing.\*
  3. Toss to combine and serve chilled or at room temperature.\*

## ENERGY BALLS

- 1 cup oats
  - 1 tablespoon Ocean Vitality
  - ½ cup nut butter (peanut, almond, etc.)
  - ¼ cup honey or maple syrup
  - ¼ cup chocolate chips or dried fruits (optional)
  - 1 teaspoon vanilla extract
1. In a mixing bowl, combine all ingredients until well mixed.\*
  2. Roll the mixture into small balls, about 1 inch in diameter.\*
  3. Place balls in a single layer on a baking sheet and refrigerate for at least 30 minutes to set.\*
  4. Store in an airtight container in the fridge.\*

# Black Seed Oil

mother nature's remedy

Black Seed oil (*Nigella sativa*), also known as Black Cumin or the "Blessed Seed," is a nutrient-rich oil known for its powerful health benefits. Its key compound, thymoquinone, offers antioxidant, anti-inflammatory, and immune-supporting properties. Used for centuries across many cultures, it supports digestion, respiratory health, balanced blood sugar, and skin wellness. Free of CBD and THC, it remains widely studied for its therapeutic potential.\*



## DIRECTIONS

- Shake well before each use. Start slowly with a low dose and gradually build up the dosage amount. Take by mouth.\*

## ADULTS

- Start with up to 10 drops once daily for 2 to 7 days.\*
- Increase to 5 to 10 drops twice daily for 2 to 7 days.\*
- Gradually build up to 10 to 20 drops twice daily.\*

## CHILDREN 12 & UP

- Start with 1 to 5 drops once daily for 2 to 7 days.\*
- Increase to 2 to 5 drops twice daily for 2 to 7 days.\*
- Gradually build up to 5 to 10 drops twice daily.\*

## CHILDREN 6 & UP

- Start with ½ to 2 drops once daily for 2 to 7 days.\*
- Increase to 1 to 3 drops twice daily for 2 to 7 days.\*
- Gradually build up to 1 to 3 drops twice daily.\*

Nutrition Facts		Serving Size: 30 drops/1ml (1 full dropper)	Servings per container: 30
Amount per serving		<b>12</b>	<b>Ingredients:</b> Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil
<b>Calories</b>			*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Amount Per Serving</b>	<b>% Daily Value</b>	**Daily Value not established.
<b>Total Fat</b>	<b>1g</b>	<b>1%</b>	<b>Caution:</b> If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.
Calories From Fat	12		
Linoleic Acid (Omega 6)	505mg	**	<b>This information 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.</b>
Alpha Linoleic Acid (Omega 3)	235mg	**	
Oleic Acid (Omega 9)	190mg	**	
<b>Total Carbohydrate</b>	<b>0g</b>	<b>0%</b>	
<b>Protein</b>	<b>0g</b>	<b>0%</b>	

## MEDICINAL CONSTITUENTS

- **Thymoquinone:** The primary active compound in Black Seed oil (*Nigella sativa*) is known for its powerful health benefits. It has been extensively studied for its antioxidant, anti-inflammatory, and immune-boosting properties, and shows promise in supporting respiratory health, blood sugar balance, and cellular protection.\*

### Clinical studies for Black Seed:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/>
- <https://pubmed.ncbi.nlm.nih.gov/29962349/>
- <https://pubmed.ncbi.nlm.nih.gov/27364039/>
- <https://pubmed.ncbi.nlm.nih.gov/37605475/>
- <https://pubmed.ncbi.nlm.nih.gov/36815641/>
- <https://pubmed.ncbi.nlm.nih.gov/31143688/>
- <https://pubmed.ncbi.nlm.nih.gov/25829334/>
- <https://pubmed.ncbi.nlm.nih.gov/34297870/>

## 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 2<sup>nd</sup> trimester.\*
- May increase the effect of anticoagulant drugs.
- Keep out of reach of children.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*

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