

Minerals and Their Uses

<u>Mineral</u>	<u>Uses</u>
Calcium	Builds strong bones and teeth; minimizes bone loss associated with osteoporosis; needed for muscle growth; helps normalize blood clotting; essential for rhythmic heart action; needed for nerve impulse transmissions.
Chromium	Involved in metabolism of glucose and the synthesis of fatty acids and cholesterol; helps provide protein where needed in the body; essential for developing and maintaining healthy bones and teeth; assists in blood clotting, muscle contraction, and nerve transmission; helps reduce the risk of osteoporosis.
Copper	Necessary for red blood cell formation; promotes strong veins; essential for connective tissue formation; interacts beneficially with iron to form hemoglobin; needed for the production of neurochemicals in the brain; promotes proper functioning of muscles, nerves and the immune system.
Iodine	Aids in the development and functioning of the thyroid gland; regulates the body's production of energy; helps burn excess fat by stimulating the rate of metabolism; the condition of the hair, skin and teeth are dependent upon a well functioning thyroid gland.
Iron	Required for the transport of oxygen from lungs throughout the body; needed for the removal of carbon dioxide from the body; needed for the proper synthesization of ATP (energy).
Magnesium	Necessary for the proper functioning of nerves, muscles and the maintenance of the bones; protects arteries from the stress of changes in blood pressure; may help prevent heart attack; eases PMS symptoms; beneficial for high blood pressure, heart arrhythmia, asthma and kidney stones.
Manganese	Necessary for brain functions, energy production, bone and cartilage maintenance; helps to form collagen; may help minimize menstrual problems.
Phosphorus	Essential for the metabolism of carbohydrates, fats, and proteins; needed for growth, maintenance and repair of cells; promotes kidney functioning; works with calcium to develop and maintain strong bones, teeth and proper skeletal growth.
Potassium	Regulates blood pressure; helps muscle contractions; promotes a regular heartbeat; maintains water balance in tissues and cells; causes normal function in body cells.
Selenium	Protects the body's systems by hindering the formation of free radicals (including cancer); used in the body's metabolic processes; protects eyes from cataracts; strengthens the heart against muscle damage, necessary for normal growth and development.
Sodium	Helps to regulate the fluid balance of the body; needed for proper muscle and nerve function; used in the transport of amino acids from the stomach to the blood stream.
Sulfur	Aids bile secretion in liver; may help allergies and skin rashes including eczema and seborrhea; necessary for metabolism and body functions; maintains connective tissue to improve osteoarthritic conditions.
Zinc	Necessary for the healing and development of cells; aids enzymes in digestion and metabolism; required for reproductive organs; needed for normal prostate gland function; enables the immune system to fight infections; necessary for healthy skin, nails and hair; promotes normal fetal growth; may relieve angina and cirrhosis of liver; aids in cataract treatment.