Minerals

Minerals, in contrast to vitamins, are inorganic. Minerals also require no digestion. Some minerals are stored in the liver. It is important not to consume Mega doses of minerals on a regular basis above those amounts recommended.

Minerals are divided into two groups, major and trace minerals. Major minerals are those that are required by the body in quantities greater than 100 mg per day and include Calcium, Magnesium, Phosphorous, Chloride and Sodium. Trace minerals are those that are required by the body in quantities less than 100 mg per day. Trace minerals are Iron, Copper, Zinc, Iodine and Selenium. The following table includes recommended daily allowance.

Essential Minerals	RDR	Purpose	Source
Calcium	800 mg	Blood clotting, Bones, Muscles, Nerves	Milk products, Broccoli
Phosphorus	750 mg	Muscles, Nerves, Energy production, Bones	Cereal, Meat, Fish, Legumes, Dairy
Potassium *	2000 mg	Energy, Hair, Skin, Nails, Heart rhythm, muscle contraction, regulation of body fluids	Citrus, Bananas, fish, poultry, dairy
Magnesium *	350 mg	Bone growth, protein and energy production	Egg yolks, dark leafy greens
Sodium *	500 mg	Muscle and nerve function, body fluid balance	Meat, Milk products, fish, salt
Chloride	750 mg	Aids digestion, maintains body fluid balance	Salt
Zinc	15 mg	Insulin production, male prostate function, digestion, metabolism	Shellfish, eggs, meat
Iron	10 mg	Hemoglobin (Blood Oxygen transport), Myoglobin (Muscle Oxygen storage)	Meat, Fish
Chloride *	750 mg	Muscle and nerve function, acid-base balance, digestion	Meat, Milk products, Fish
Fluoride	4 mg	Hardens bones and teeth	Coffee, tea, spinach, gelatin, onion
Iodine	150 mcg	Proper thyroid function	Water, Iodized salt
Copper	3 mg	Red blood cells, connective tissue, nerve fibers	Shellfish, grains, nuts, chocolate

Chromium	200 mcg	Carbohydrate metabolism	Vegetables, grains, Brewer's Yeast
Molybdenum	250 mcg	Nitrogen metabolism	Grains, vegetables
Selenium	70 mcg	Works with Vitamin E to protect cells	Grains, meats, fish, poultry

* Electrolytes provide the proper electrical charge within the body fluids for the transmission of nerve impulses, muscle contraction, and proper body fluid levels and acid-base fluid balance.