

Minerals and their Benefits

BULK MINERALS	BENEFITS	FOOD SOURCES
Calcium	Bones, teeth, muscular growth	Dairy product, salmon with bones, almonds, brewer's yeast
Magnesium	Important for enzyme activity, energy production, muscles; including heart and nervous system	Dairy products, fish, seafood, meat, wheat germ, almonds
Phosphorus	Bones, teeth, cell growth, metabolism	Found in most foods, asparagus, corn, bran, dairy products, eggs
Potassium	Nerves, muscles, maintain body's water balance	Molasses, parsley, fish, fruit, mushrooms, pumpkin
Sodium	Maintain body's water balance, muscles, nerves, stomach	Olives, miso, shrimp, celery, ham
Trace Minerals	Benefits	Food Sources
Boron	Bones, muscles, assists metabolism of calcium, phosphorus, magnesium	Apples, carrots, grapes, nuts, pears, whole grains
Chromium	Balance blood sugar levels, heart	Beef, brewer's yeast, cheese, turkey, fish, whole grains
Copper	Works with zinc and calcium, bones, making of red blood cells	Found in many foods, almonds, avocados, barley, beans, beets, broccoli
Germanium	Immune system, cells, helps eliminate toxins	Broccoli, celery, milk, onions, garlic, rhubarb
Iodine	Mental and physical development, thyroid	Iodized salt, seafood, kelp, saltwater fish
Iron	Assists transportation of oxygen and carbon dioxide to cells, energy production	Eggs, fish, pumpkin seeds, liver, meat, poultry, leafy vegetables
Manganese	Bones, cartilage, tissue, nerves, maintains blood sugar levels, immune system	Avocados, nuts and seeds, whole grains, seaweed, pineapple

Molybdenum	Detoxifies body of waste products, liver, bones, kidneys	Beans, lentils, beef liver, wheat germ, tomatoes
Selenium	Antioxidant, immune system, heart health, thyroid	Meat, grains, brazil nuts, brewer's yeast, broccoli, dairy products
Silicon	Bones, nails, hair, heart health, immune system	Alfalfa, beets, brown rice, oats, peppers
Sulfur	Blood, skin, resists bacteria	Brussels sprouts, cabbage, eggs, fish, garlic, kale
Vanadium	Bones, teeth, cell reproduction	Dill, fish, olives, radishes, snap beans, meat
Zinc	Immune system, nervous system, brain health	Oysters, brazil nuts, dulse, egg yolks, kelp, fish, pecans