

# Minerals

<i>Mineral</i>	<i>Functions</i>	<i>Deficiency Symptoms</i>	<i>Food Sources</i>
Boron	Bone density, activates Vitamin D, boosts estrogen levels in older women.	Weak bones or muscles, poor concentration worsened PMS symptoms, allergies.	Dark green veggies, legumes, nuts and seeds.
Calcium	Bone/teeth strength, clotting of blood, heart and muscle function.	Osteoporosis, bone spurs, muscle cramps, nerve sensitivity.	Green leafy veggies, unrefined grains, oranges, tofu, seeds/nuts.
Chromium	Helps sugar, fats, proteins and carbs metabolism & regulation, and heart health.	Weak bones, diabetes, high cholesterol, poor concentration.	Whole grains, molasses, fish, mushrooms, broccoli, grapes, yeast.
Copper	Req'd for absorption of iron, red blood cell production.	Osteoporosis, digestive function, nerve disorders, low energy.	Green leafy veggies, almonds, shellfish, seeds.
Iodine	Regulates metabolism, oxidation of fats and proteins.	Swollen thyroid glands, goiter, low metabolism.	Nuts, seeds, green leafy veggies, shellfish, whole grains, bananas.
Iron	Red blood cell production, builds bones and muscle.	dizziness, depression, anemia, pale complexion.	Dark green veggies, legumes, dried fruits, blackberries, cherries.
Lithium	Regulates flow of sodium through muscle/nerve cells to stabilize brain activity.	Depression, anxiety, fogginess, mood swings.	Pulses (legumes), lentils, pistachios, soy beans and chickpeas.
Magnesium	Energy processes, nerve/muscle function, enzyme activity & carb metabolism.	Stress, sensitivity, osteoporosis, insomnia, complexion issues.	Avocados, almonds, whole grains, grapefruit, spinach, fish.

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Manganese	Facilitates enzyme function, carb metabolism, tissue and bone strength.	Weak bones, anemia, chronic fatigue, hormonal imbalance.	Nuts, seeds, avocados, apricots, grapefruit, sweet potato.
Molybdenum	Promotes strong cell function, facilitates waste removal, catalyst for enzymes.	Digestive congestion, low energy, pale complexion.	Legumes, whole grains, nuts and seeds.
Phosphorus	Energy production, supports bones/teeth with calcium, metabolize carbs/fats.	Teeth/gums disorders, depression, equilibrium issues.	Barley, beans, fish, lentils, dark green leafy veggies, coconut.
Potassium	Regulates nutrients/oxygen in blood, imp to heart, liver, muscles & nerves.	Stress, high blood pressure, poor digestion, poor muscle control.	Fruits/veggies, bananas, beans, almonds, whole grains, papaya.
Selenium	Increases immune function, strong antioxidant, maintains metabolism.	Free radical damage, premature aging.	Brazil nuts, bran, whole grains, tuna, broccoli, onions, green veggies.
Silicon	Strong bones, strength of tissue, collagen for skin.	Premature graying or baldness, skin rashes or irritations, tooth decay.	Red wine, raisins, whole grains, bran, root vegetables, spinach, seafood.
Sodium	W/ potassium, regulates nut/oxygen in cells, hydration, digestive juices.	Muscle cramp, nausea, indigestion, arthritis, gallstones.	Seeds, strawberry, melons, figs, sea asparagus, okra, celery.
Sulfur	Aids digestion, waste elimination, bile secretion and purification of the body.	Eczema, unhealthy hair and nails, restricted growth.	Cabbage, onions, garlic, leeks, avocado, strawberries, cucumber, peaches.
Zinc	Regulates blood sugar, healing of wounds, transfer of carbon dioxide to lungs.	Enlarged prostate, immune deficiency, poor intestinal absorb.	Wheat germ, wheat bran, pumpkin seed, avocado, shellfish.