



Minerals 101



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Did You Know?

Your body cannot make minerals, so it is essential you get them from your food or from supplements! There are roughly 3,800 known minerals, with two main groups, macro-minerals and micro, or trace-minerals. Macro minerals are required in amounts of 100 mg/day or more, while micro minerals are required in amounts less than 15 mg/day.

What Are Minerals?

Minerals are naturally occurring inorganic substances, meaning that they do not come from an animal or plant, which help to regulate hundreds of chemical processes in the body including regulating enzyme metabolism, transferring nutrients to cells, maintain nerves, contracting muscles and balancing body fluids. Minerals make up earth's rocks, sands and soils.

Macro Minerals

The 5 macro minerals include Calcium, Phosphorus, Potassium, Magnesium and Sodium Chloride

Micro Minerals

The 9 micro minerals include Iron, Zinc, Copper, Chromium, Fluoride, Iodine, Selenium, Manganese and Molybdenum

What Depletes Minerals?

Stress, trauma, drug therapies, poor diet, lack of sleep, excessive exercise, depleted soil content and even the way you chose to cook your food can all cause our bodies to require even higher amounts of minerals for proper functioning! Roughly 68% of the North American population is deficient in calcium, 90% deficient in chromium and 75% in magnesium.

Mineral	Function
Boron	Involved in metabolizing calcium and magnesium
Calcium	Helps regulate heartbeat, blood clotting, muscle contraction and nerve conduction. Builds bones and teeth
Chromium	Important for glucose metabolism
Copper	Co-factor in absorbing iron into blood cells; assist in enzyme production involved in respiration; interacts with zinc
Iodine	Supports thyroid function
Iron	Essential in formation of hemoglobin, the oxygen-carrying factor in blood; part of several enzymes and proteins
Magnesium	Maintains normal muscle and nerve function; supports bone health and the heart rhythm steady for biochemical reactions inside the body
Manganese	Required for normal bone growth and development, reproduction and cell function
Molybdenum	Important as a cofactor for enzymes in the body
Potassium	Promotes regular heart beat; active in muscle contractions, assists in fluid balance in body tissue and cells
Selenium	Complements Vitamin E to fight cell damage by oxygen; maintains normal thyroid function
Silica	Supports normal bone growth
Vanadium	Supports lipid metabolism
Zinc	Maintains taste and small acuity; important for enzyme production, supports immune health

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USDA National Organic Program <http://www.ams.usda.gov/AMSv1.0/nop> as viewed 25 April 2011
Organic Trade Association <http://www.ota.com/index.html> as viewed 25 April 2011

