**MINERALS**

1. **MINERALS:** ESSENTIAL IN SMALL AMOUNTS FOR GOOD HEALTH.
   1. NEEDED FOR CERTAIN PROCESSES SUCH AS: ENZYME ACTIVITY AND BONE FORMATION
2. **THE MINERALS:**
   1. **CALCIUM**: FOUND IN MILK AND DAIRY PRODUCTS, GREEN LEAFY VEG, VEG, NUTS, SHELLFISH, BONY FISH; HELPS BONES, TEETH, NERVES
   2. **CHROMIUM**: MEAT, DAIRY, WHOLE GRAINS, HERBS, NUTS, SEEDS; REGULATE BLOOD SUGAR
   3. **COPPER**: LIVER, SHELLFISH, PEAS, BEANS, NUTS, SEEDS; BONES & RED BLOOD CELLS
   4. **FLOURIDE**: TEA, FISH, TOOTHPASTE, WATER; TEETH ENAMEL
   5. **IODINE**: SALT, SEAFOOD; THYROID FUNCTION
   6. **IRON:** RED MEAT, DARK GREENS, PEAS, BEANS, EGGS; HEMOGLOBIN
   7. **MAGNESIUM:** MILK, DAIRY, GREEN LEAFY VEG, PEAS, BEANS; BONES, MUSCLE CONTRACTION
   8. **POTASSIUM**: MEAT, POULTRY, FISH, BANANAS, ORANGES, DRIED FRUITS, POTATOES, GREEN LEAFY VEG, PEAS, BEANS; FLUID BALANCE, NERVES, MUSCLE CONTRACTION
   9. **PHOSPHORUS**: CEREAL, MEATS, MILK, POULTRY: BONE, RED BLOOD CELLS
   10. **SELENIUM:** TUNA, SEAFOOD, WHOLE GRAINS, LIVER, MEAT, EGGS; HEALTHY HEART, ANTIOXIDANT, THYROID
   11. **SODIUM:** SALT; WATER BALANCE, NERVES
   12. **SULFUR**: MEAT, MILK, EGGS, NUTS, GRAINS; PROTEIN
   13. **ZINC**: SEAFOOD, MEAT, POULTRY, EGGS; GROWTH, HEALING, DIGESTIVE ENZYMES