Food sources of Minerals & Trace Minerals

Minerals & Trace	Food Sources	Importance & Use	Inhibits Absorption	Enhances Absorption
Boron	Fruit, vegetables, nuts, wine, cider, beer	Proper mineral absorption	Triglycerides	Calcium, magnesium, phosphorus & Vit D
Calcium	Dark green leafy veg, canned fish with bones, peas, tofu, grains, seeds, nuts and seaweeds	Healthy bones & teeth, blood clotting, heart rhythm and nerve transmission	Hectic lifestyle, no exercise, magnesium, Vit D & Hydrochloric & Phytic Acid	Magnesium, Vit A, C, D & F, iron
Chromium	Whole grain cereals, corn oil, clams and brewers yeast	Stabilizes blood sugars, fatty acid, cholesterol & protein synthesis, enzyme activity & metabolism	Unknown	Unknown
Copper	Soybeans, raisins, nuts, fish and legumes	Formation of red blood cells & bones, enzyme activity, firms elastic with Vit C	High levels of Zinc	Cobalt & Iron
Iodine	Mushrooms, fish and kelp	Metabolism & energy production thyroid production, healthy hair, skin,nails, teeth & digestive system	Unknown	Unknown
Iron	Fish, poultry, green leafy veg, dried fruits, legumes, nuts and seeds	Growth & protein metabolism, skin,hair, nails & bone, disease resistance, forms haemoglobin	Excessive coffee, chocolate, zinc, phosphorus	Calcium, copper, Vit B12 & C, Folic Acid
Magnesium	Green veg, whole grains, seafood, dried fruit, garlic, seeds and nuts	Carbohydrate-fat-protein utilisation, healthy bones, teeth, arteries & heart nerves	Unknown	Vit B6, C & D, Calcium
Manganese	Green leafy veg, peas, beets, nuts, egg yolk and whole grain cereals	Enzyme activation, sex hormone production, vitamin utilisation	Excessive calcium & phosphorus	Vit B1 & E, calcium & phosphorus
Molybdenum	Dairy products, legumes and grains	Proper amino acid metabolism & mental function	Unknown	Suphur, amino acids
Phosphorus	Fish, poultry, dairy products, nuts and grains	Aids in growth & repair, promotes healthy gums & teeth, carbohydrate & fat metabolism	Excessive iron, magnesium & sugar	Calcium, iron, manganese, Vit A, D & F
Potassium	Dried fruits, pumpkin seeds, nuts, avocados, beets, potatoes, spinach, tomatoes and yams	Improves oxygen flow to brain, aids removal of body waste products	Coffee, alcohol, sugar, diuretics, steroids & laxatives	Sodium, Vit B6
Selenium	Meat, fish, brewers yeast, dairy products, nuts, broccoli, cucumbers and garlic	Antioxidant, preserves tissue elasticity	Unknown	Vit E
Silicon	Unrefined grains, root veg and cereals	Health & repair of connective tissue	Unknown	Calcium
Vanadium	Shellfish, mushrooms, herbs (dill & parsley) and black pepper seed	Inhibits formation of cholesterol in blood vessels	Unknown	Copper, iron & zinc
Zinc	Whole grains, brewers yeast, wheatgerm, herring and pumpkin seed	Healing & digestion, growth, fertility & mental alertness	Excessive alcohol & calcium	Calcium, copper, phosphorus & Vit A

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