

Mineral	Functions	Sources
Calcium	Bone growth	Dairy products
	Muscle contractions	Fish with soft bones
	Regulates acid/alkali balance	Green leafy veg
Chloride	Regulates acid/alkali balance	Natural unprocessed sea salt
	Regulates fluid balance	Coconut flesh
	Aids protein and carbohydrate digestion	
Magnesium	Nerve transmission	Natural unprocessed sea salt
	Bone formation	Fish
	Metabolism of carbohydrates	Dairy produce
	Absorption of other minerals	Nuts
	Tooth enamel	
Phosphorus	Bone growth	Animal produce
	Kidney function	Whole grains
Potassium	Fluid balance	Natural unprocessed sea salt
	Cellular chemistry	Raw nuts
		Vegetables
Sodium	Water balance	Natural unprocessed sea salt
	Cellular fluid distribution	Meat broths
	Nerve stimulation	Courgette
Sulphur	Protects from infection	Cruciferous vegetables
	Helps form cartilage and skin	Eggs
	Protects against radiation and pollution	Dairy products