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## Minerals

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including keeping your bones, muscles, heart, and brain working properly. Minerals are also important for making enzymes and hormones.

There are two kinds of minerals: macrominerals and trace minerals. You need larger amounts of macrominerals. They include calcium [<https://medlineplus.gov/calcium.html>] , phosphorus, magnesium, sodium [<https://medlineplus.gov/sodium.html>] , potassium [<https://medlineplus.gov/potassium.html>] , chloride and sulfur. You only need small amounts of trace minerals. They include iron [<https://medlineplus.gov/iron.html>] , manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

Most people get the amount of minerals they need by eating a wide variety of foods. In some cases, your doctor may recommend a mineral supplement. People who have certain health problems or take some medicines may need to get less of one of the minerals. For example, people with chronic kidney disease [<https://medlineplus.gov/chronickidneydisease.html>] need to limit foods that are high in potassium.

## Start Here

- Minerals: What They Do, where to Get Them [<https://www.texasheart.org/heart-health/heart-information-center/topics/minerals-what-they-do-where-to-get-them/>] (Texas Heart Institute)  
Also in Spanish [<https://www.texasheart.org/heart-health/heart-information-center/topics/minerales-como-actuan-y-donde-conseguirlos/>]
- Overview of Minerals [<https://www.merckmanuals.com/home/disorders-of-nutrition/minerals/overview-of-minerals>] (Merck & Co., Inc.)  
Also in Spanish [<https://www.merckmanuals.com/es-us/hogar/trastornos-nutricionales/minerales/introducci%C3%B3n-a-los-minerales>]
- Trace Elements: What They Do and Where to Get Them [<https://www.texasheart.org/heart-health/heart-information-center/topics/trace-elements/>] (Texas Heart Institute)  
Also in Spanish [<https://www.texasheart.org/heart-health/heart-information-center/topics/oligoelementos/>]
- Vitamins and Minerals: How to Get What You Need [<https://familydoctor.org/vitamins-and-minerals-how-to-get-what-you-need/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/vitaminas-y-minerales-como-obtener-lo-que-usted-necesita/?adfree=true>]

## Related Issues

- Disorders of Metal Absorption [<https://www.chop.edu/conditions-diseases/disorders-metal-absorption>]  
(Children's Hospital of Philadelphia)

## Specifics

- Chromium [<https://ods.od.nih.gov/factsheets/Chromium-Consumer/>]  
 (National Institutes of Health, Office of Dietary Supplements)  
Also in Spanish [<https://ods.od.nih.gov/factsheets/chromium-DatosEnEspanol/>]
- Fluoride [<https://ods.od.nih.gov/factsheets/Fluoride-Consumer/>]  
 (National Institutes of Health, Office of Dietary Supplements)
- Iodine [<https://ods.od.nih.gov/factsheets/Iodine-Consumer/>]  
 (National Institutes of Health, Office of Dietary Supplements)

Also in Spanish [<https://ods.od.nih.gov/factsheets/Iodine-DatosEnEspanol/>]

- Magnesium [<https://ods.od.nih.gov/factsheets/Magnesium-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)

Also in Spanish [<https://ods.od.nih.gov/factsheets/Magnesium-DatosEnEspanol/>]

- Manganese [<https://ods.od.nih.gov/factsheets/Manganese-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)

Also in Spanish [<https://ods.od.nih.gov/factsheets/Manganese-DatosEnEspanol/>]

- Selenium [<https://ods.od.nih.gov/factsheets/Selenium-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)

Also in Spanish [<https://ods.od.nih.gov/factsheets/Selenium-DatosEnEspanol/>]

- Zinc [<https://ods.od.nih.gov/factsheets/Zinc-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)

Also in Spanish [<https://ods.od.nih.gov/factsheets/Zinc-DatosEnEspanol/>]

## Clinical Trials

- ClinicalTrials.gov: Minerals [<https://clinicaltrials.gov/search?intr=%22Minerals%22&aggFilters=status:not%20rec>]

 (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Multivitamin-mineral supplementation prevents acute upper respiratory tract infections. [<https://www.ncbi.nlm.nih.gov/pubmed/40738727>]
- Article: Mineral Homeostasis and Depression: Implications for Prevention and Therapeutic Support-A Narrative... [<https://www.ncbi.nlm.nih.gov/pubmed/40724885>]
- Article: Bee Pollen as a Dietary Mineral Source: In Vitro Bioaccessibility and... [<https://www.ncbi.nlm.nih.gov/pubmed/40649263>]
- Minerals -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Minerals%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Reference Desk

- Definitions of Health Terms: Minerals [<https://medlineplus.gov/definitions/mineralsdefinitions.html>]

 (National Library of Medicine)

## Find an Expert

- Find a Nutrition Expert [<https://www.eatright.org/find-a-nutrition-expert>] (Academy of Nutrition and Dietetics)
- Food and Drug Administration [<https://www.fda.gov/>]
- Food and Nutrition Information Center [<https://www.nal.usda.gov/programs/fnic>]
- National Institutes of Health, Office of Dietary Supplements [<https://ods.od.nih.gov/>] 

## Children

- Minerals [<https://kidshealth.org/en/kids/minerals.html>] (Nemours Foundation)

Also in Spanish [<https://kidshealth.org/es/kids/minerals.html>]

## Teenagers

- Vitamins and Minerals [<https://kidshealth.org/en/teens/vitamins-minerals.html>] (Nemours Foundation)

Also in Spanish [<https://kidshealth.org/es/teens/vitamins-minerals.html>]

# Patient Handouts

- Chloride in diet [<https://medlineplus.gov/ency/article/002417.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002417.htm>]
- Chromium in diet [<https://medlineplus.gov/ency/article/002418.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002418.htm>]
- Copper in diet [<https://medlineplus.gov/ency/article/002419.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002419.htm>]
- Fluoride in diet [<https://medlineplus.gov/ency/article/002420.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002420.htm>]
- Iodine in diet [<https://medlineplus.gov/ency/article/002421.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002421.htm>]
- Magnesium in diet [<https://medlineplus.gov/ency/article/002423.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002423.htm>]
- Phosphorus in diet [<https://medlineplus.gov/ency/article/002424.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002424.htm>]
- Selenium in diet [<https://medlineplus.gov/ency/article/002414.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002414.htm>]
- Zinc in diet [<https://medlineplus.gov/ency/article/002416.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002416.htm>]



## MEDICAL ENCYCLOPEDIA

[Chloride in diet](https://medlineplus.gov/ency/article/002417.htm) [<https://medlineplus.gov/ency/article/002417.htm>]

[Chromium in diet](https://medlineplus.gov/ency/article/002418.htm) [<https://medlineplus.gov/ency/article/002418.htm>]

[Copper in diet](https://medlineplus.gov/ency/article/002419.htm) [<https://medlineplus.gov/ency/article/002419.htm>]

[Fluoride in diet](https://medlineplus.gov/ency/article/002420.htm) [<https://medlineplus.gov/ency/article/002420.htm>]

[Iodine in diet](https://medlineplus.gov/ency/article/002421.htm) [<https://medlineplus.gov/ency/article/002421.htm>]

[Magnesium in diet](https://medlineplus.gov/ency/article/002423.htm) [<https://medlineplus.gov/ency/article/002423.htm>]

[Phosphorus in diet](https://medlineplus.gov/ency/article/002424.htm) [<https://medlineplus.gov/ency/article/002424.htm>]

[Selenium in diet](https://medlineplus.gov/ency/article/002414.htm) [<https://medlineplus.gov/ency/article/002414.htm>]

[Zinc in diet](https://medlineplus.gov/ency/article/002416.htm) [<https://medlineplus.gov/ency/article/002416.htm>]

## Related Health Topics

Antioxidants [<https://medlineplus.gov/antioxidants.html>]

Calcium [<https://medlineplus.gov/calcium.html>]

Dietary Supplements [<https://medlineplus.gov/dietarysupplements.html>]

Fluid and Electrolyte Balance [<https://medlineplus.gov/fluidandelectrolytebalance.html>]

Iron [<https://medlineplus.gov/iron.html>]

Nutrition [<https://medlineplus.gov/nutrition.html>]

Potassium [<https://medlineplus.gov/potassium.html>]

Sodium [<https://medlineplus.gov/sodium.html>]

Vitamins [<https://medlineplus.gov/vitamins.html>]

## National Institutes of Health

The primary NIH organization for research on *Minerals* is the NIH Office of Dietary Supplements [<https://ods.od.nih.gov/>]

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