

MINERALS

MINERAL	CHIEF FUNCTION	DEFICIENCY
SODIUM	>Acid-base balance maintenance and body water balance maintenance. >Nerve transmission and muscle contraction	> Muscle cramps > Mental confusion > reduced appetite
CHLORIDE	> Part of the hydrochloric acid stomach for proper digestion.	> Rare acid-base balance in body fluids
POTASSIUM	>Protein synthesis >fluid and electrolyte balance > transmission of nerve impulses and muscle contraction	> Moderate: elevated blood pressure, increased bone turnover > Severe: cardiac arrhythmia, muscle weakness & glucose tolerance
CALCIUM	> Bone and teeth formation > blood clotting factor > normal muscle contraction and relaxation.	> Rickets > Osteoporosis > Stunted growth in children
PHOSPHORUS	> Bone & teeth mineralization > Crucial component for cell genetic material and in energy transfer & buffering systems.	> Weakness > loss of calcium
MAGNESIUM	> Enzyme activation > Protein Synthesis	> Growth Failure > Spasms > Behaviour problems
SULFATE	> Acid-base balance maintenance > Liver function	
IRON	> Hemoglobin Formation in blood > Energy metabolism	>Anemia
ZINC	> Components for enzymes including in digestion, cell repair and sexual reproduction.	>Growth Failure >Small Sex Glands >Impaired immunity
SELENIUM	> Assists a group of enzymes in breaking down reactive chemicals that harms cells.	>Predisposition to cardiac diseases