**Most minerals help build strong and .**

**Minerals are usually needed in amounts, but are critical to health.**

 **and are the most common mineral deficiencies in the United States**

**Toxicity:**

**Deficiency:**

**Macro minerals are needed in great quantities in the body, these include:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Function** | **Source** | **Prevents** |
| **Calcium** |  |  |  |
| **Phosphorous** |  |  |  |
| **Magnesium** |  |  |  |

**Trace/micro minerals are needed in smaller quantities, but are just as essential as macro minerals, these include:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Function** | **Source** | **Prevents** |
| **Iron** |  |  |  |
| **Iodine** |  |  |  |
| **Fluoride** |  |  |  |
|  | **Function** | **Source** | **Prevents** |
| **Zinc** |  |  |  |
| **Copper** |  |  |  |

**Electrolytes :**

**They help maintain the and help and nerve action**

**Electrolytes easily become in cases of , illness and diarrhea.**

**The three electrolytes include:**

|  |  |  |
| --- | --- | --- |
| **Electrolyte** | **Function** | **Source** |
| **Sodium** |  |  |
| **Chloride** |  |  |
| **Potassium** |  |  |