

nutrition chart: minerals



Important Minerals (Remain in the body, so don't exceed upper dose.)

MINERALS	ACTION	FOOD SOURCES	RDA	NOTES
BORON	Necessary for bone building, cellular energy, and enzyme function.	Apples, carrots, leafy greens, raw nuts, whole grains.	1 - 3 mg	Supports brain function and glucose metabolism; low levels impair calcium metabolism.
CALCIUM	Essential for strong bones, healthy gums and teeth; balance with magnesium.	Dairy foods (and fortified substitutes), leafy greens, sardines.	1,000 mg	Albuterol, antacids, caffeine, oral contraceptives, and thyroid hormones can reduce calcium absorption. ■ For best absorption take 500 mg at a time.
CHROMIUM	Helps glucose metabolism; enhances energy.	Beer, brewer's yeast, brown rice, meat, whole grains.	25 micrograms for women; 35 micrograms for men	Anyone with diabetes should take only under medical supervision, as chromium may enhance the effects of insulin or glyburide.
COPPER	Helps to build blood cells, bones, and collagen.	Meat, nuts, seafood, soybeans, whole grains.	2 mg	Levels reduced by ACE inhibitors, antacids, ibuprofen, and oral contraceptives. Vitamin C enhances copper uptake.
IRON	Essential to blood cell production, growth, immune health, and energy.	Eggs, fish, liver, meat, leafy vegetables, whole grains.	18 mg for women; 8 mg for men	8 mg for postmenopausal women, unless tests indicate iron deficiency. ■ Levels may be reduced by aspirin, ibuprofen, and naproxen. Vitamin C enhances uptake.
MAGNESIUM	Balances calcium, improves bone and cardiovascular health.	Dairy, fish, leafy greens, meat, molasses, seafood, seeds, soybeans.	320 mg for women; 400 mg for men	Deficiencies linked to chronic fatigue, depression, insomnia, PMS. ■ Albuterol, corticosteroids, diuretics, oral contraceptives, and some heartburn medications can reduce magnesium levels.
MANGANESE	Needed for fat and protein metabolism and energy production.	Avocados, nuts, seeds, sea vegetables, whole grains.	1.8 mg for women; 2.3 mg for men	Upper intake level: 11 mg ■ May be depleted by oral contraceptives.
MOLYBDENUM	Activates enzymes; promotes cell function.	Legumes, beef liver, cereal grains, dark leafy greens, peas.	45 micrograms	High doses may inhibit the metabolism of acetaminophen.
POTASSIUM	Protects against high blood pressure.	Fruits, dairy, fish, whole grains.	3,500 mg	Upper intake level: 18 g ■ Albuterol and corticosteroids may reduce levels of potassium.
SELENIUM	Anticancer antioxidant; works best with vitamin E.	Brazil nuts, brewer's and torula yeast, brown rice, meat, seafood, whole grains.	55 micrograms	Most US soils are deficient in this mineral, so supplementation is useful.
SILICON	Needed for formation of collagen for bones and connective tissue.	Alfalfa, bell peppers, brown rice, root vegetables, soy.	n/a	Elderly may need more; works synergistically with other minerals. ■ Thyroid hormones may reduce silicon.
VANADIUM	Necessary for healthy bones and teeth; improves insulin use.	Dill, fish, meat, olives, some vegetable oils, whole grains.	n/a	Not easily absorbed; athletes may require more.
ZINC	Important in immune and reproductive health.	Eggs, legumes, seafood, whole grains.	6.8 mg for women; 9.4 mg for men	Upper intake level: 40 mg ■ Reduced by ACE inhibitors, aspirin, corticosteroids, and oral contraceptives.