

## Mineral Facts

MINERAL	U.S. RDA*	BEST SOURCES	FUNCTIONS
Calcium	1000 mg/day	Milk and milk products	Strong bones, teeth, muscle tissue; regulates heart beat, muscle action and nerve function; blood clotting
Chromium	35 mcg/day	Corn oil, clams, whole grain cereals, brewer's yeast	Glucose metabolism (energy); increases effectiveness of insulin
Copper	900 mcg/day	Oysters, nuts, organ meats, legumes	Formation of red blood cells, bone growth and health, works with vitamin C to form elastin
Iodine	150 mcg/day	Seafood, iodized salt	Strong bones, teeth and muscle tissue; regulates heart beat, muscle action and nerve function; blood clotting
Iron	18 mg/day	Meats and organ meats, legumes	Hemoglobin formation; improves blood quality; increases resistance to stress and disease
Magnesium	400 mg/day	Nuts, green vegetables, whole grains	Acid/alkaline balance; important in metabolism of carbohydrates, minerals and sugar
Manganese	2.3 mg/day	Nuts, whole grains, vegetables, fruits	Enzyme activation; carbohydrate and fat production; sex hormone production; skeletal development
Phosphorus	700 mg/day	Fish, meat, poultry, eggs, grains	bone development, important in protein, fat and carbohydrate utilization
Potassium	No RDA	Lean meat, vegetables, fruits	Fluid balance; controls activity of heart muscle, nervous system and kidneys
Selenium	55 mcg/day	Seafood, organ meats, lean meats, grains	Protects body tissues against oxidative damage from radiation and pollution; aids in normal metabolic processing

Zinc	11 mg/day	Lean meats, liver, eggs, seafood, whole grains	Involved in digestion and metabolism; important in development of reproductive system; aids in healing
<i>Source: The American Institute of Cancer Research IU=international units; mg=milligrams; mcg=micrograms</i>			