

Minerals

Copper - Plays an important role in iron metabolism. Helps make red blood cells

Calcium - Builds and protects bones and teeth. Helps with muscle contractions and relaxation, blood clotting, and nerve impulse transmission. Plays a role in hormone secretion and enzyme activation. Helps maintain healthy blood pressure

Chlorine - Balances fluids in the body. A component of stomach acid, essential to digestion

Chromium - Enhances the activity of insulin, helps maintain normal blood glucose levels, and is needed to free energy from glucose

Cobalt - Cobalt is an essential component of the structure of vitamin B-12, also called cobalamin. In combination with vitamin B-12, cobalt is needed in the diet in small amounts to ensure the proper functioning of all cells in the body.

Silica - When our dietary silica goes down, our nails grow slower and become more brittle. The same goes for hair. Silica also plays a role in keeping skin elastic and collagen healthy.

Joint Health – Since collagen is vital to healthy joints, ligaments, and cartilage, silica is important too.

Phosphorous - Helps build and protect bones and teethPart of DNA and RNA.Helps convert food into energy. Part of phospholipids, which carry lipids in blood and help shuttle nutrients into and out of cells

Potassium - Balances fluids in the body. Helps maintain steady heartbeat and send nerve impulses. Needed for muscle contractions. A diet rich in potassium seems to lower blood pressure. Getting enough potassium from your diet may benefit bones

Lithium - Lithium Orotate May Promote normal white blood cell count. Support liver health, Stimulate general well-being, Encourage normal thyroid health. Prompt mental balance and a good mood, Support eyesight,

Iron - Helps hemoglobin in red blood cells and myoglobin in muscle cells ferry oxygen throughout the body. Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones

Iodine - Part of thyroid hormone, which helps set body temperature and influences nerve and muscle function, reproduction, and growth. Prevents goiter and a congenital thyroid disorder

Magnesium - Needed for many chemical reactions in the body Works with calcium in muscle contraction, blood clotting, and regulation of blood pressure. Helps build bones and teeth

Strontium - Assists in the building of bone density.

Molybdenum - Part of several enzymes, one of which helps ward off a form of severe neurological damage in infants that can lead to early death

Boron - Boron seems to affect the way the body handles other minerals such as magnesium and phosphorus. It also seems to increase estrogen levels in older (post-menopausal) women and healthy men. Estrogen is thought to be helpful in maintaining healthy bones and mental function.

Fluorine - Encourages strong bone formation. Keeps dental cavities from starting or worsening

Selenium - Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Helps regulate thyroid hormone activity.

Sodium - Balances fluids in the body. Helps send nerve impulses. Needed for muscle contractionsImpacts blood pressure; even modest reductions in salt consumption can lower blood pressure.

Sulfate - Helps form bridges that shape and stabilize some protein structures. Needed for healthy hair, skin, and nails.

Vanadium - bone health and blood sugar.

Zinc - Zinc is needed for the proper growth and maintenance of the human body. It is found in several systems and biological reactions, and it is needed for immune function, wound healing, blood clotting, thyroid function, and much more.