

NUTRIENTS

MINERALS

- **MACRO MINERALS** - (calcium, phosphorus, magnesium, sodium, potassium).
These minerals are required in larger amounts.
- **TRACE MINERALS** - (zinc, iron, copper, cobalt, manganese, selenium, iodine).
These minerals are required in smaller (trace) amounts.

Minerals are stored in bone and muscle tissue. Mineral toxicity may occur if large doses are given over long periods of time. Mineral ratios are also important and overdoses of minerals may cause vitamin or mineral deficiencies.

CALCIUM: Vital for bones and teeth. Helps regulate heart.
Needed for muscle development.

PHOSPHORUS: Bones and teeth, kidney functions.

MAGNESIUM: Enzyme activity, nerves, growth, reproduction.

SODIUM: Blood PH, fluid retention.

POTASSIUM: Nervous system, heart functions, water retention.

COBALT: Immune system.

COPPER: Blood and bones, nerve impulses.

IODINE: Proper thyroid function, metabolizes fat.

IRON: Red blood cells, nutrient transport.

MANGANESE: Protein and fat metabolism.

SELENIUM: Antioxidant, reproduction.

ZINC: Skin, coat, feathering, reproduction.

