

The Total Man

[Home](#)
[The Total Man Project](#)
[Understanding the Total Man](#)
[Personal Development](#)
[Newsletter Archive](#)
[Contact](#)

[The Body](#)
[Food groups](#)
[Vitamins defined](#)
[Vitamins chart](#)
[Minerals defined](#)
[Mineral chart](#)
[Benefits of exercise](#)
[World health concerns](#)

The Body - Mineral Chart

In humans the most important dietary minerals can be seen below:

Mineral	What the Mineral does	Effects of mineral deficiency	Good food sources
Calcium	Strengthens the bones and teeth. Also needed to help regulate the heartbeat and help muscle and nerve functions.	Its minor deficit can affect bone and teeth formation.	milk dairy Products green leafy vegetables salmon sardines turnips tofu almonds broccoli
Chromium	Required for the proper metabolism of sugar in the blood.	Can affect the potency of insulin in regulating sugar balance.	beans cheese whole grain food peas meat
Copper	Important for nerve functioning, red blood cell formation and maintaining energy levels through iron absorption. Also good for healthy bones and the immune system.	Anemia, hair problems, dry skin, vitamin C deficiency	beans raisins chocolate nuts meat shellfish
Fluorine	Helps to make bones and teeth stronger. Improves resistance to cavities.	Weak teeth and bones.	gelatin desserts salt water fish (salmon) tea fluoridated water
Iodine	Helps keep your thyroid glands working. Your thyroid gland helps regulate the rate at which your body carries out its necessary physiological functions.	Enlargement of the thyroid gland.	seafood seaweed dairy products iodized salt
Iron	Helps the blood and muscles carry oxygen to the body.	Tiredness and lethargy, feelings of weakness, insomnia, palpitations.	liver red meat egg yolk legumes whole / enriched grains dark green vegetables
Magnesium	Helps muscles work, aids metabolism and aids bone growth.	Fatigue, numbness, poor memory, muscle twitching and irritability, tingling, rapid heart beat.	whole grains nuts legumes apricots bananas soy beans green leafy vegetables spinach
Manganese	Helps bone growth and cell production.	Rarely documented but one case showed in a patient a decrease in serum cholesterol, depressed growth of hair and nails, scaly dermatitis, weight loss, reddening of his black hair and beard and impaired blood clotting.	whole grains fruit vegetables tea egg yolk
Molybdenum	Helps cells and nerves to function.	Very rare but one observation has shown a patient to have developed rapid heart and respiratory rates, headache, night blindness, and ultimately became comatose.	dark green vegetables peas milk beans grains
Potassium	Essential for nerve function, muscle contraction and maintenance of fluid and blood pressure in the body.	Depression, fatigue, hypertension, decreased Heart Rate	oranges bananas peanuts beans potatoes spinach

Selenium	Helps to prevent damage to cells and aids in the functioning of the thyroid gland. An antioxidant for the body.	Poor heart function, osteoarthropathy, mental retardation	brazil nuts tuna eggs grains chicken shellfish fish
Sodium	Helps to regulate water in the body's blood and tissue	Fatigue, apathy, and nausea as well as cramps in the muscles of the extremities.	table salt dairy products
Zinc	Helps wounds to heal and aids taste and smell sensory.	Growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite.	whole wheat peanut poultry eggs legumes beef shellfish