

Himalayan Crystal Salts

84 Trace Elements & Minerals

Many people are aware of the importance of macronutrients, but it can sometimes be easy to forget how vital minerals are the foundation of our health. In fact, without minerals, all of these other nutrients would be unable to work to their full effect. Minerals are inorganic substances, derived from rocks, soil or water. They are known as a micronutrient. Micronutrients are required by the body in smaller amounts compared to macronutrients (carbohydrates, fats and protein). *However this does not mean they are less important.* They have vital functions in the body but cannot be made by the body and we therefore consume them through food and supplements. Minerals are needed for all aspects of health, starting with our cells. They are needed for blood and plasma, bones and muscles, tissues and organs and to keep every bodily system working efficiently, including the immune system.

What is the difference between minerals and trace elements? Minerals include sodium, potassium, chloride, magnesium, calcium and phosphorus. They are required by the body in larger amounts compared to trace elements (over 100mg/day). All the other elements are known as trace elements as they are required by the body in smaller amounts (below 100mg/day). *However they are equally important.* Examples include selenium, zinc, iron, copper, manganese and many more.

Hydrogen	Lithium	Beryllium	Boron	Carbon	Nitrogen
Oxygen	Fluoride	Sodium	Magnesium	Aluminium	Silicon
Phosphorus	Sulphur	Chloride	Calcium	Scandium	Titanium
Vanadium	Chromium	Manganese	Iron	Cobalt	Nickel
Copper	Zinc	Gallium	Germanium	Arsenic	Selenium
Bromine	Rubidium	Strontium	Yttrium	Zirconium	Niobium
Molybdenum	Ruthenium	Rhodium	Palladium	Silver	Barium
Indium	Tin	Antimony	Tellurium	Iodine	Cesium
Terbium	Lanthanum	Cerium	Thorium	Samarium	Europium
Gadolinium	Hafnium	Dysprosium	Holmium	Erbium	Thulium
Ytterbium	Lutetium	Gold	Tantalum	Tungsten	Rhenium
Osmium	Iridium	Astatine	Francium	Mercury	Thallium
Lead	Bismuth	Polonium	Neptunium	Plutonium	Radium
Actinium	Praseodymium	Protactinium	Uranium	Platinum	Cadmium

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