

Mineral Deficiency Diseases

"99% of all Americans are deficient in these minerals, and a marked deficiency in any one of these vital nutrients actually results in disease." U.S. Senate Document # 264

Acne: Zinc, Sulfur

Anemia: Iron, Cobalt, Copper, Selenium

Arthritis: Calcium, Copper, Magnesium, Potassium, Boron

Asthma: Manganese, Zinc, Potassium

Brittle Nails: Iron, Zinc

Birth Defects: Zinc, Copper, Cobalt, Selenium, Magnesium, Manganese

Cancer: Selenium, Germanium

Candida: Zinc, Selenium, Chromium

Cardiovascular Disease: Calcium, Copper, Magnesium, Potassium, Selenium, Manganese

Chronic Fatigue: Zinc, Selenium, Chromium, Vanadium

Constipation: Iron, Magnesium, Potassium

Cramps: Calcium, Sodium

Depression: Calcium, Sodium

Diabetes: Chromium, Vanadium, Zinc

Digestive Problems: Chlorine, Chromium, Zinc

Eczema: Zinc

Edema: Potassium

Goiter (Low Thyroid): Iodine, Copper

Hair Loss: Copper, Zinc

Graying Hair: Copper

Hyperactivity: Chromium, Zinc, Magnesium, Lithium

Hypothermia: Magnesium

Immune System Weakness: Zinc, Selenium, Chromium

Impotence: Selenium, Zinc, Manganese, Calcium, Chromium

Infertility: Calcium, Zinc, Selenium, Chromium, Copper, Cobalt, Manganese

Liver Dysfunction: Cobalt, Selenium, Chromium, Zinc

Low Blood Sugar (Hypoglycemia): Chromium, Vanadium, Zinc

Memory Loss: Manganese

Muscular Weakness/Dystrophy (also Cystic Fibrosis): Selenium, Potassium, Manganese

Nervousness: Magnesium

Osteoporosis: Calcium, Magnesium, Boron

PMS: Zinc, Chromium, Selenium

Receding Gums (Periodontitis, Gingivitis): Calcium, Potassium, Magnesium, Boron

Sexual Dysfunction: Selenium, Zinc, Manganese

Wrinkles and Sagging (Facial Aging): Copper

PLEASE NOTE: This is not a diagnostic chart and should not be used in place of your health professional to determine your recovery program. After all isolated minerals do not work well without a nutritional program, which contains trace minerals in an appropriate balance.