Minerals and Their Function

Calcium
Builds bones and teeth, muscle contraction, heart action, nerve impulses, blood clotting

Magnesium
Bones, liver, muscles, transfer of intercellular water, alkaline balance, neuromuscular activity

Sodium
Electrolyte balance, body fluid volume, nerve impulse condition

Potassium
Cell membrane potential, nerve impulse conduction, heart rhythm, acid base balance

Copper
Hemoglobin formation, production of RNA, elastic tissue formation, cholesterol utilization, oxidase enzyme activator

Zinc
Protein synthesis, carbon dioxide transport, sexual function, insulin storage, carbohydrate metabolism, wound healing

Iron
Hemoglobin formation, electron transport, oxygen transport, enzyme activator

Manganese
Carbohydrate metabolism, protein metabolism, connective tissue, joint fluid production, nerve tissue, Vitamin B1 utilization

Chromium
Glucose utilization, insulin activity, heart muscle, cholesterol utilization

Phosphorus
Builds bones and teeth, energy production, acid-base balance, necessary in metabolism and cell membranes, calcium absorption

Molybdenum
Enzyme activator, uric acid formation, oxidative enzymes

Selenium
Peroxidase scavenger, glutathione peroxidase, anti-carcinogenic, Vitamin F synergist

Silicon
Bone formation, collagen formation, cartilage formation, elastic tissue

Boron
Reduces calcium loss

Vanadium
Strength of bones and teeth, lowers blood lipids, inhibits cholesterol synthesis

Tin
Growth, protein synthesis

Nickel
Activates some liver enzymes

Austin Medical Equipment

Source: Natures Prescription Milk by Gloria Gilbere