

## SIX ESSENTIAL MINERALS

MINERALS	FUNCTION	SOURCES
<b>Calcium</b>	Helps bones and energy metabolism _____	Table salt, processed foods _____
<b>Magnesium</b>	Helps muscles, nerves, and heart work properly _____	Fruits, vegetables _____
<b>Phosphorus</b>	Builds strong bones and teeth _____	Salt, processed foods _____
<b>Sodium</b>	Helps digestion and water balance _____	Meat, eggs, fish, dairy _____
<b>Potassium</b>	Helps muscles and energy production _____	Nuts, legumes, green vegetables _____
<b>Chlorine (Chloride)</b>	Maintains water balance and nerve function _____	Milk, cheese, yogurt, leafy vegetables _____