

## Microminerals

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Microminerals: Minerals with a daily requirement of less than 100 mg; also called “trace minerals.”

Micro-mineral	RDA	Activity in health	Food source	Deficiency symptoms	Excess or overdose
Iron	18 mg	Hemoglobin & myoglobin formation, vitamin synthesis	Soybean flour, organ meats, beans, calms, peaches, grains  <i>Not in dairy products</i>	Anemia, dysphagia, pallor, weakness & fatigue, lowered resistance to infection	Taking iron in any amount can cause constipation, black stools, skin pigmentation, nausea, vomiting
Zinc	15 mg	Component of enzymes that digest food, skin integrity, wound healing, growth	Sea food, meat, liver, poultry, legumes, (plant sources variable in bioavailability)	Growth retardation, cirrhosis, skin outbreaks or poor healing	Decreased calcium absorption from the GI tract, diarrhea, fever, muscle pain, nausea, vomiting
Copper	2 mg	Enzyme component, helps form RBCs	Organ meats, shellfish, dried legumes, whole grains, raisins	Anemia in malnourished, demineralized bones, softening and fractures	GI upset, dizziness, headache
Iodine	150 mg	Thyroxine (T4) & triiodothyronine (T3) formation, energy-control mechanisms, thyroid health/function	Seafood, iodized salt, dairy products, water, additive in many commercial foods	Simple goiter, cretinism, deaf-mutism, impaired fetal growth & brain development	Hyperthyroidism, myxedema, causes a dangerous changes in metabolism